A COLLECTION OF RECEIPTS IN COOKERY, PHYSICK *and* SURGERY.

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PHYSICK and SURGERY.

A

COLLECTION

Of above Three Hundred

RECEIPTS

IN

Cookery,

Phyſick *and* Surgery;

For the Uſe of all

Good Wives, Tender Mothers, and Careful Nurſes.

By ſeveral Hands.

LONDON,

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MDCCXIV.

A

THE PREFACE.

NOTHING *can be more Self-evident, than that the Uſefulneſs, and conſequently the Value of Books of this kind, depend upon the Integrity and Care of the Writers, the Pains they take Themſelves, and the good Help and Aſſiſtance they can procure from Others. If any of theſe Requiſites be wanting, they muſt neceſſarily deceive the Reader; be deceived Themſelves; or at beſt, produce nothing but what's*

Mean and Triſling, and unworthy a Publick Reception. There is nothing ſo eaſie, as the raiſing whole Regiments of Noſtrums *and* Recipes, *if we will but admit all the Voluntiers of this kind, as faſt as they croud in to be liſted; but theſe forward Ones are generally found to fail us in the Time of Trial; and the Succeſs of the Day moſt commonly to depend upon ſuch, as with great Trouble and Expence are preſs'd and dragg'd into the Service.*

As for my ſelf, I have only to aſſure the Reader, That as the deſire of doing Good, was the ſole Motive that at firſt engaged me in this Work; ſo has that great Principle ever been too ſacred in my Eſteem, to ſuf-

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fer the leaſt mixture of Unfaithfulneſs or Careleſneſs throughout the whole Management and Compoſure of it: And farther to declare, That there has been no Spare either of Labour, or Time, or Money, in order to the making this Collection *the beſt, and moſt truly Profitable in its kind; and that the great Knowledge and long Experience of thoſe Excellent Perſons who contributed to its Production, have abundantly qualified them for ſetting the laſt Hand to ſuch a Work. To theſe therefore are due the greateſt Tribute of Praiſe, and higheſt Acknowledgments of Gratitude, who with a Noble Charity and Univerſal Benevolence have Expoſed to the World ſuch in-*

valuable Secrets, as Others of a leſs generous Temper would have taken a Pride, and made almoſt a Merit, of Concealing.

And here I freely own the greateſt ſhare of our Thanks to be juſtly owing to the Fair Sex; *who, whether it be from the greater Tenderneſs of their Natures, the greater Opportunities of Leiſure, or Advantages of acquiring Experience, or from whatever other Cauſe, are always found moſt Active and Induſtrious in this, as well as in all other kinds of Charity. Oh, Heavenly Charity! How often have I ſeen thee employ the Rich in waiting upon the Poor, and Miſtreſſes in Nurſing and becoming Hand-maids to*

their own Servants? How often have I ſeen thee make Perſons of the Higheſt Quality Kneel down to the Dreſſing of a Poor Man's Wound: Thoſe of the greateſt Niceneſs and Delicacy of Senſe, Viſit the Chambers of ſuch, whoſe Poverty and Offenſive Diſtempers have render'd them Nauſeous and Loathſome beyond expreſſion: And thoſe of Tender and Weakly Conſtitutions walk through Midnight-Froſts, to the Aſſiſtance of ſome Poor Neighbouring Woman in her Painful and Perilous Hour? And wonderful is the Succeſs with which Almighty God does often bleſs their Labours, (even in the Uſe of Plain and Simple Means) whoſe Hearts he firſt diſpoſes to ſuch Beneficial

ficial Undertakings. How earneſtly is it to be wiſh'd that ſuch Examples did more univerſally abound, and that all our fine Ladies would ſtrive to adorn their Characters, by becoming (to uſe the Judicious Mr. Bickerſtaff's *Phraſe)* Notable Women?

Nor can I forbear recommending this Generous and Beneficial Practice to the Gentlemen of the Clergy, *eſpecially to thoſe whoſe Pariſhes are remote from other Help. How ſoon would their ſuperior Learning and Sagacity render them Maſters of this Uſeful Art? How greatly would the Exerciſe of it endear them to their People? What Reverence and Eſteem, and conſequently, what Opportunities*

tunities of doing Good in every other Way, would this procure them? And with what Power and Authority would their Divine Inſtructions enter into the Hearts of their Audience, when proceeding from the Mouth of ſuch a Benefactor, to whom, under God, perhaps moſt of them are beholden for their Health, their Limbs, or, it may be, their very Lives? This will be to imitate their Great Maſter, who went about doing Good, and Healing all thoſe who were Oppreſſed by the Devil, and who, whereever He met a Patient, ſeldom fail'd of making a Convert.

I make no doubt, but the Learned Gentlemen of the Faculty will be too Generous to Miſconſtrue this ſmall Collection of Phyſical

PREFACE.

Phyſical Receipts, *(deſign'd for the Service of thoſe who are neither within the Reach of their Viſits, nor in a Capacity of Gratifying their Trouble) as an Invaſion of their Province, or a Diſreſpect to their Perſons. I declare myſelf ſo far from intending either of theſe, that, on the contrary, I eſteem it a great Happineſs and Bleſſing to be able to have a ready and conſtant Recourſe to their Aſſiſtance: And I am proud to own, that moſt of the following* Preſcriptions *came from the moſt Eminent Hands in that Profeſſion. The reſt are all Innocent and Safe; and both the one and the other Approved (not from ſingle Inſtances of Succeſs, but) from a long and repeated Experience.*

The

PREFACE.

The Directions relating to COOKERY *are Palatable, Useful, and Intelligible, which is more than can be said of any now Publick in that kind; some great Masters having given us Rules in that Art so strangely odd and fantastical, that 'tis hard to say, Whether the Reading has given more Sport and Diversion, or the Practice more Vexation and Chagrin, in spoiling us many a good Dish, by following their Directions. But so it is, that a Poor Woman must be Laugh'd at, for only Sugaring a Mess of Beans; whilst a Great Name must be had in Admiration, for Contriving Relishes a thousand times more Distastful to the Palate, provided they are but*

at

at the ſame time more Expenſive to the Purſe.

I can aſſure you, that a Number of very Curious and Delicate Houſe-wives Clubb'd to furniſh out this Collection, for the Service of Young and Unexperienc'd Dames, who may from hence be Inſtructed in the Polite Management of their Kitchins, and the Art of Adorning their Tables with a Splendid Frugality. Nor do I deſpair but the Uſe of it may deſcend into a Lower Form, and teach Cook-maids at Country Inns to ſerve us up a very agreeable Meal, from ſuch Proviſions as are Plaineſt, and always at hand; inſtead of Spoiling thoſe which are moſt Rare and Coſtly, and provoking the Company to paſs them

them away, in haſty Curſes, to the Place from whence the unlucky Proverb *ſuppoſes them to have come; and ſo quit ſcores with him that ſent them.*

The Wines *which you are here taught to Make, are certainly of the greateſt Perfection in their Kind; their Flavour and Taſte is Generous, and their Ingredients are Wholſome; and ſo lucky have their Authors been in their Imitation, that many very good Criticks have not only eſteem'd them the genuine Produce, but of the nobler Sorts too, of the Foreign Vintages.*

Thus much, I think, may ſuffice by way of Preface; *and leſs I could not poſſibly ſay with any tolerable Regard, either to the*

the Merits of those Worthy Persons to whom I am indebted, or the Interest of Those whom I am endeavouring to oblige, who through Ignorance or Prejudice, might otherwise have depriv'd themselves of so very Useful and Beneficial an Undertaking.

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A COLLECTION OF RECEIPTS.

A Green-Peaſe Soop, *without Meat.*

TAKE your Peaſe, and in ſhelling, ſeparate the Young from the Old, then boil the Old ones ſoft enough to ſtrain through a Cullender, then put the Liquor and what you ſtrained through together; With the Young Peaſe whole, add ſome whole

Pepper, two or three blades of Mace, and ſome Cloves. When the laſt Peaſe are near enough, take ſome Spinnage, a little Mint, and a little Green Onion, not ſhred too ſmall, a little faggot of Thyme and Sweet-marjoram; put theſe into a large Sauce-pan with near a pound of Butter; and as they boil up, ſhake in ſome Flower to boil with it to the quantity of a Drudging-box full; then put a Loaf of French-Bread into the Broth to boil; mingle the Broth and Herbs together: When you have ſeaſon'd it to your Taſte for Salt, add ſome ſmall White Toaſts neatly cut, and the Young Peaſe.

A very good Soop.

TAKE a Shin of Beef, a Crag of Mutton or Veal, and a bit of very good Bacon, and half a pound of Rice, ſet them on the Fire in as much Water as you think will boil them to Rags; keep it cover'd all the while: When all the Goodneſs of the Meat is out, ſtrain it off, and put to it ſome whole Pepper, ſome

ſome Cloves, Mace, and Salt, to your Taſte. You may put Soop-Herbs, or a quarter of a pound of plumpt Rice or Verma-jelly; boil a French-Loaf, or two or three Pigeons, for the middle; put in with the Spice a little faggot of Thyme, Savory, and Marjoram: This makes an incomparable Peaſe-Soop, if you put in a quart of Peaſe with the Meat at firſt, inſtead of Rice.

A very good Peaſe-Soop.

PUT three or four pound of lean coarſe Beef, with three pints of Peaſe, into two gallons of Water; let it boil 'till the Meat is all to rags; and half an hour before you ſtrain it out, put in two or three Anchovies; then ſtrain it from the Husks and Meat, and put into the Sauce-pan as much as you want for that Meal, with an Onion ſtuck with Cloves, a race of Ginger bruiſed, a little faggot of Thyme, Savory, and Parſly, and a little Pepper: Let it boil thus near half an hour; ſtir in a piece of Butter, and fry ſome

Forc'd-meat-Balls, Bacon, and French-Bread cut in Dice, with Spinnage boiled green, to put to it in the Diſh.

To make Craw-fiſh *or* Prawn-Soop.

TAKE ſix Whitings, one large Eel, with half a Thorn-back, clean them as to boil, and put them into a Pot with as much Water as will cover them; ſcum them clean, and put in whole Pepper, Mace, Ginger, Thyme, Parſly, and an Onion ſtuck with Cloves, with a little Salt, ſo let them boil to maſh; then take fifty Craw-fiſh, or, if they cannot be got, take an hundred Prawns, take out the Tails, and pick out the Bag, and all the woolly parts that are about the Body; put all into a Sauce-pan, with Water and Vinegar, Lemon, Salt, and a bunch of Sweet-herbs; let them ſtew over a gentle Fire till ready to boil; then take out the Tails and ſave them carefully, but beat all the other Shells in the little Liquor they were ſtewed in, which, with a French-

French-Roul, you muſt beat 'till the Shells are extremely fine: When you have waſhed all the Goodneſs out with their own Liquor, pour the other Fiſh-Liquor through the Shells, and ſtrain all from the Fiſh and Grit; then have a large Carp ready ſtewed, and lay it in the middle of the Diſh; add the Body of a Lobſter to the Soop, with ſome ſtrong Gravy, and burnt Butter; heat the Tails of the Craw-fiſh in the Soop, and pour all over the Carp.

Peaſe-Soop *for* Lent, *or any Faſting-Day.*

PUT a quart of good breaking Peaſe to three quarts of Water, and boil them 'till they are tender; then take out ſome of the clear Liquor, and ſtrain the Peaſe as clean as you can from the Husks: Take ſome Butter and boil it, and when it breaks in the middle, put to it an Onion and ſome Mint cut very ſmall, Spinnage and Sorrel, and a little Sallery cut large; ſtir it often, and let it boil about a quarter of an hour; then

ſhake in ſome Flower with one Hand, and ſome of your thin Liquor with the other; then put in the thick ſtrained Liquor, ſome Pepper, Mace, and Salt, and boil it an hour longer; then put into as much as will make a large Diſh, one pint of ſweet thick Cream; put a French-Roul criſpt, and dipt in Milk, in the middle of the Diſh.

To make a Meat-Soop, *very good.*

TAKE a piece of coarſe Neck-Beef, a Crag of Mutton, and a Knuckle of Veal; boil all theſe to rags, with Salt, and Onion, and whole Pepper: When there is no more Goodneſs left in the Meat, ſtrain the Liquor into a Stew-pan, and ſet it over the Fire; put into it Cloves and Mace, and a little Lemon-peel; let it boil a little, then put in a pint of ſtrong Claret, three or four Anchovies, with Gravy ſqueez'd out of a lean piece of Beef fry'd for that purpoſe: Put in Ox-Palates cut in Dice, let them be firſt boil'd very tender, Veal-Sweetbreads boil'd,

Lettice,

Lettice, Endiff, Spinnage, or what Herbs you pleaſe, boil'd green; then take French-Bread, cut it thin, and toaſt it; lay your Palates, Sweetbreads and Herbs over all the Toaſts: Have a Fowl boil'd, and the Breaſt ſtuft with Forc'd-meat, and lay in the middle of the Diſh; pour the Soop over all.

To Coller Beef, *a very good way.*

TAKE a piece of Flank-Beef, cut it ſquare, and take off the inner Skin, make a Brine of Water and Bay-ſalt, ſtrong enough to bear an Egg, to the breadth of a Six-pence; let the Beef lie in it one Week, then rub it all over with Salt-petre, and let it lie three Days longer; then take one Ounce of White Pepper, one large Nutmeg, the weight of it in Mace, and the weight of both in Cloves; beat it all groſly and ſtrew upon the Beef; then roul it up hard, bind it with a Tape, and ſew it up in a Cloth, and put it in a long Earthen Pan, fill it up with half Claret and

half Water; cover it close with a coarse Paste, and Bake it twelve Hours in a very hot Oven; then take off the Tape and roul the Cloth very hard about it again, tye it up and hang it up to drain and cool: If you like Herbs; Thyme, Sweet-marjoram, and Parsly shred, are the proper Sort; but it does not roul so close with as without. It can't be Bak'd too tender.

To make French-Cutlets, *very Good.*

SKIN a Loin of Mutton, and cut it into Stakes, then take some of the lean of a Leg of Veal, the weight in Beef-suet, two Anchovies, Thyme, Parsly, Sweet-marjoram and Onion, all finely shred; Nutmeg, Pepper, Salt and grated Bread, with the Yolks of two Eggs; make holes in the lean of the Stakes and fill them full of this Seasoning, and spread it all over the Stakes, then butter as many pieces of white Paper as you have Cutlets, and wrap them up every one by themselves, turn up the edges

edges of the Papers with great care that none of the Moiſture get out; therefore let the Papers be large enough to turn up ſeveral times at the edge; and if occaſion be, ſtick a pin to keep it all in; for this Gravy is all their Sauce: When they are thus tight wrapt up, put them upon a Mazareen, and bake them: When they are enough, take them off the Diſh they were baked on, and put them on a clean hot Diſh; do not take off the Papers but ſerve them in as they were baked: This is a very delicious Savory Diſh, and done with little danger of ſpoiling, if you wrap them up cloſe. Many People like theſe beſt without Sauce; but if you chuſe it, let it be ſtrong Gravy, Spice, Onion, ſhred Capers, Juice of Lemon ſhook up with a bit of Butter; but they are ſavory and moſt wholeſome alone.

To

To Coller a Breaſt of Mutton, *to Eat Hot.*

TAKE a large Breaſt of Mutton, bone it and take out all the Griſtles, rub it all over with the Yolk of an Egg, ſeaſon it with Pepper, Salt and Nutmeg, Parſly, Thyme, Sweet-marjoram, all ſhred ſmall, Shallot, if you love it, waſh and cut Anchovy in bits, ſtrow all this over the Meat, roul it up hard, tie it with a Tape, and put it into boiling Water; when 'tis tender take it out, cut it in round Slices, not too thin, pour over it a Sauce made of Gravy, Spice, Anchovy, Claret, Onion, a few Sweet Herbs, ſtrain'd and thicken'd with Butter, and ſhred Pickles. Garniſh with Pickles.

To Stew Pigeons.

TAKE ſix Pigeons with their Giblets, cut the Pigeons in Quarters, and put them in the Stew-pan with two blades of Mace, a little Pepper

per and Salt, and juſt Water enough to Stew them without burning; when they are tender, thick the Liquor with the Yolk of one Egg, three Spoonfuls of thick ſweet Cream, a bit of Butter, and a little ſhred Thyme and Parſly; ſhake them all up together, and garniſh it with Lemon.

To Broil Pigeons *whole.*

CUT off the Wings and Neck cloſe, leave the Skin at the Neck to tie cloſe, then have ſome grated Bread, two Pigeons Livers, one Anchovy, a quarter of a pound of Butter, half a Nutmeg grated, a little Pepper and Salt, a very little Thyme and Sweet-marjoram ſhred, mix all together; put a piece as big as a Walnut into each Pigeon, ſew up their Rumps and Necks, ſtrew a little Pepper, Salt and Nutmeg on the outſide, broil them on a very ſlow Charcoal-fire on the Hearth; baſte and turn them very often. Sauce is melted Butter; or rich Gravy, if you like it higher taſted.

To

To Dreſs a Turbet, *or any Diſh of Fiſh.*

LAY the Fiſh you are to boil, into a pint of Vinegar, ſeaſon'd with Salt, Pepper, Onion, and a faggot of Thyme, Marjoram and Parſly; when it has lain an Hour, put the Fiſh with the Pickle carefully into your Fiſh-kettle of boiling Water; to it put Cloves, Mace and Anchovies, and a bit of Horſe-radiſh; when they are enough take them out to drain, let the ground of you Sauce be half a pint of the well ſeaſon'd Liquor in which they were boil'd, and the ſtrain'd Liquor of a quart of Oyſters, with half a pint of White-wine, and the Body of a large Lobſter; add to it a little more Spice, and a little of Lemon-peal, and one large, or two ſmall Anchovies; then ſtrain it and put to this quantity a full pound and half of Butter; into one piece of which ſtrew as much Flower as will make it of a fit thickneſs: Your Oyſters muſt be firſt ſtew'd, and the Tail and Claws of your Lobſter cut in Dice, and both put into

into the Sauce to heat, when 'tis ready to pour on the Fiſh. Fry'd Smelts, fry'd Parſly, ſcrap'd Horſe-radiſh, and ſlic'd Lemon, with the following Patties is the Garniſh. *Note*, that the Liquor of any well-taſted Fiſh, is more agreeable to the taſte of Fiſh than any Sort of rich Gravy made with Fleſh: And I believe you cannot err, in Dreſſing Fiſh by this Rule for the Sauce. *Note*, Never Boil in too much Liquor, nor too faſt.

Patties, *for a Diſh of Fiſh.*

TAKE Carp or fat Eel, bone and ſhred it very ſmall; to half a pound of this put four ounces of Butter, which you muſt mix in the ſhreding, boil four Eggs in the ſhell, not hard, but as for eating, and put in the Yolks of thoſe Eggs a very ſmall Nutmeg grated, about the weight in Mace, finely beat, as much Salt as both, and a very little Parſly finely ſhred; mix this very well and put them into little ſquare Paſties of hot Cruſt, or Puff-cruſt, if

you

you like it better: Faſten them very well and fry them in a large Pan-full of Lard, clarified Butter, Suet or Oil. You may roul this Forc'd-fiſh into Balls with grated Bread; lay them round, and upon your Fiſh.

To Pickle Pork, *a good way.*

BONE it, and cut it in ſuch pieces as will lie moſt convenient in your Powdering-tub, which muſt be large and ſound to hold the Meat and preſerve the Brine; the narrower and deeper your Tub is, the better 'twill keep the Meat; rub every piece well with Salt-petre, then take one part Bay-ſalt and two parts common Salt, and rub every piece very well and cover it with Salt as you do a flitch of Bacon; then ſtrew Salt in the bottom of your Tub, and lay the Pieces in as cloſe as poſſible, ſtrewing Salt round the ſides of the Tub: As your Salt melts on the top, ſtrew on more. It will keep a great while, and is very good.

To Coller a Pig.

SPLIT it up the Belly and Back, then take out all the Bones, waſh it clean from the Blood, and lay it to ſoak in a Pan of Water a Day and Night, ſhifting the Water as it grows red; then take it out and wipe it very dry, ſtrew all the inſide of both Pieces very well with Salt, Pepper, Cloves, Mace and Nutmeg beat and grated; then roul them up as hard and right as you poſſibly can in two Collars; bind them with a long Tape as cloſe as 'twill lie, and after that ſew them up in Cloths; The Liquor you boil them in muſt be a quart of White-wine, a little good Vinegar, and the reſt Water; there muſt be a great deal more than will cover them, becauſe they muſt boil leiſurely above three Hours; put into the Liquor a piece of Ginger, a Nutmeg cut in pieces, a few Cloves, and two blades of Mace, a ſprig of Bays, and a few Leaves of Sage, with ſome Salt; when they are tender take them up, and ſqueeze them tight in the Cloth,

Cloth, that they may come out in ſhape: When the Liquor they were boil'd in is cold, add half a pint of Vinegar, and keep the Collars in it.

To make Veal-Cutlets.

CUT as many Slices of a Leg of Veal as will make a handſome Diſh, beat them with your Rolling-pin, lay them ſingly in a large Diſh, and grate Nutmeg all over them, and ſtrew them with Salt, lard ſome with Bacon, and pour the Yolks of three Eggs well beaten over all; make them all moiſt with the Egg, and fry them of a fine colour in clarify'd Butter; put freſh Frying to every Diſh: When they are all nicely fry'd, put ſome Gravy into the Pan, and the Juice of a Lemon, with Butter and Flower ſhook in; toſs up all 'till 'tis thick, and pour it over the Cutlets; garniſh with bits of Bacon fry'd, and Forc'd-meat-Balls. If it be a Cow-Calf, fill the Udder and Fat with the Forc'd-meat, and roaſt it finely for the middle. Make your Gravy

for

for the Sauce of the Bones and Skins you do not uſe; a bit of Beef, Sweet-herbs, Spice, and White-wine, to make it look Pale.

To make Dutch-Beef; *a very good Way.*

TAKE eight pound of Buttock-Beef without Bone, rub it all over with ſix ounces of coarſe Sugar; let it lie two Days, then wipe it a little; then take ſix ounces of Salt-petre beaten, a pint of Petre-ſalt, and a pint of White Salt, rub it well in, and let it lie three Weeks, rubbing and turning it every Day; then ſew it up in a Cloth, and hang it in your Chimney to dry; turn it upſide-down every Day, that the Brine do not ſettle: Boil it in Pump-water 'till 'tis very tender.

To Fricassey Chickens, *or* Sweet-breads.

TAKE two or three Chickens (if ſmall,) waſh them clean from the Blood, and cut them to pieces, not too ſmall, ſet them on in as much Water as will cover them; when they boil up ſcum them very clean, then take them out and ſtrain the Liquor; take part of it, to which put ſome Pepper whole and beaten, a blade or two of Mace, and Salt to your Taſte, a little Lemon-peel, a very ſmall Onion ſtuck with three or four Cloves, a quarter of a pint of White-wine warm'd and put to it; boil all theſe together 'till the Chickens are enough; then take three ſpoonfuls of Cream, a little Flower mix'd with it and put to the Chickens; ſhake it well over the Fire 'till it begins to thicken; then take the Yolks of two Eggs well beaten, a little grated Nutmeg and Juice of Lemon beat together with the Eggs; mix theſe with the Liquor very carefully, by little and little, for fear it curdle; put in half a pound of

of good Butter, and ſhake it together 'till that be melted.

Another for the ſame.

TAKE three Chickens, ſlea them, and cut them into pieces, put them into a Stew-pan, with as much Gravy and Water as will juſt cover them; put in two Anchovies, ſome whole Pepper, ſome Salt, and a blade of Mace, a ſmall Onion, with a few Cloves; ſet them to ſtew, and when they are almoſt enough, take them from the Liquor, and fry them in Vinegar, but a very little; ſtrain the Liquor, and take as much of it as you ſhall want for Sauce, and add to it a little Parſly, Thyme, and Sorrel, boil'd green, and ſhred ſmall, half a pint of thick Cream, two Yolks of Eggs well beaten, ſome grated Nutmeg; ſhake all over the Fire 'till 'tis thick, throw in half a pound of Butter, and ſhake it 'till that is melted,

To Stew a Hare.

PULL your Hare to pieces, and bruiſe the Bones, and put it into a Stew-pan, with three pints of ſtrong Broth, and at the ſame time put in an Onion, and a faggot of Sweet-herbs; let it ſtew leiſurely for four hours, then put in a pint of Claret; let it ſtew two or three hours longer, 'till 'tis tender; take out what Bones you can find, with the Herbs and Onion, if not diſſolv'd; put in an Anchovy or two with the Claret: Stewing ſo long, it will be thick enough; you need only ſhake it up with half a pound of Butter, when ready for the Table.

To Roaſt a Calf's-Head.

AFTER the Head is nicely waſh'd and pick'd, take out the Brains and Tongue; make a large quantity of Forc'd-meat with Veal and Suet well ſeaſon'd, fill the hole of the Head; skewer

skewer it and tie it together upon the Spit: One hour and an half roasts it: Beat up the Brains with a little Sage and Parsly finely shred, a little Salt, and the Yolks of two or three Eggs: Boil and blanch the Tongue, cut it in large Dice, and fry that and the Brains, as also some of the Forc'd-meat in Balls, and some slices of Bacon. The Sauce is, strong Broth, with Oysters, Mushromes, Capers, and a little White-wine, thicken'd.

To Force a Leg of Lamb.

SLIT the Leg of Lamb down on the Wrong-side, and take out all the Meat, as near as you can, without cutting or cracking the Out-side Skin; beat it very small, with its weight in good fresh Suet; add to it twelve large Oysters, two Anchovies, both neatly wash'd, and the Anchovies nicely bon'd; season it with Pepper, Salt, Mace, and Nutmeg, a little Thyme and Parsly nicely shred; beat all very fine together, and mix it up with the

Yolks of three Eggs; fill the Skin again with the Meat, and ſew it up very carefully. The Meat that is left out muſt be fry'd for Garniſh to the Loin, which you muſt fricaſſey as you do Chickens, and lay under the Leg of Lamb. You muſt tie the Leg on to the Spit, for any Hole will ſpoil the Meat; but 'tis eaſie to faſten the Back to the Spit with Packthread. In your Fricaſſey for this Lamb, leave out the Cream, and add a little Oyſter-Liquor and fry'd Oyſters.

The beſt way to Pot Beef, *which is as good as Veniſon.*

TAKE a piece of lean Buttock-Beef, rub it over with Salt-petre; let it lie one Night, then take it out and ſalt it very well with White and Bay-ſalt, put it into a Pot juſt fit for it, cover it with Water, and let it lie four Days; then wipe it well with a Cloth, and rub it with Pepper finely beaten; put it down cloſe into a Pot without any Liquor, cover the Pot

cloſe

close with Paste, and let it bake with large Loaves six Hours at least; then take it out, and, when 'tis cold, pick it clean from the Skins and Strings, and beat it in a Stone-Mortar very fine; then season it with Nutmeg, Cloves, and Mace finely beaten, to your Taste, and pour in melted Butter, which you may work up with it like a Paste: Put it close down and even in your Pots, and cover it with clarify'd Butter.

To make Lobster-Loaves.

PICK out all the Meat of three little Lobsters, shred it a little; take a piece of Butter and brown it with Flower in a Sauce-pan; then stir in a very little Onion and Parsly shred very fine, and put in a little Pepper, a spoon-full of Anchovy-Liquor, three or four spoon-fulls of good Gravy, three Yolks of Eggs well beat; stir all these over the Fire in the brown Butter, then put in the Lobster, and stir it a little together: Take three French-Rouls,

and cut a round Piece off the top of each, and pick out the Crumb, but do not break a hole through the ſides of the Bread; fill up the Roul with the Mixture you have prepared; put on the Piece of Top you cut off, cloſe, and tie them round with a piece of Tape: Make ſome Dripping boiling hot in your Frying-pan: and when you have juſt dipt the Roul in Milk, throw it into the Pan-full of ſcalding Liquor: When they are criſp take them out, and take off the Tape; Be ſure to put in three times as much Parſly as Onion. Thus you may do *Shrimp* or *Oyſter-Loaves*.

To Roaſt a Breaſt of Pork.

CUT of your Quarter cut off only a Knuckle, leaving as much Skin on the Breaſt as you can; take off the Neck, and leave a very large Breaſt; bone it, and rub it with Salt pretty well all over; then take Sage and a little Thyme ſhred ſmall, a whole Nutmeg and a little Cloves and Mace finely beaten;

beaten; ſtrew the Spice and Herbs very thick all over the Meat, and rub it in; then roll it tight up, with the fleſh inward, ſtitch it faſt together, and roſt it lengthwiſe 'till 'tis full enough done.

To Haſh a Calf's-Head.

BOIL your Calf's-Head 'till the Meat is near enough for eating; take it up, and cut it in thin Slices; then take half a pint of White-wine, and three quarters of a pint of good Gravy, or ſtrong Broth; put to this Liquor two Anchovies, half a Nutmeg, and a little Mace, a ſmall Onion ſtuck with Cloves; boil this up in the Liquor a quarter of an hour; then ſtrain it, and let it boil up again; when it does ſo, throw in the Meat, with a little Salt to your Taſte, and ſome Lemon-peel ſhred fine; let it ſtew a little, and if you pleaſe, add Sweet-breads: Make Forc'd-meat Balls of Veal; mix the Brains with the Yolks of Eggs, and fry them, to lay for Garniſh. When the Head

Head is ready to be ſent in, ſhake in a bit of Butter.

To Dreſs Hogs-Feet *and* Ears, *the beſt Way.*

WHEN they are nicely clean'd, put them into a Pot, with a Bay-leaf, and a large Onion, and as much Water as will cover them; ſeaſon it with Salt and a little Pepper; bake them with Houſhold-Bread; keep them in this Pickle 'till you want them, then take them out and cut them in handſome pieces; fry them, and take for Sauce three ſpoon-fulls of the Pickle; ſhake in ſome Flower, a piece of Butter, and a ſpoon-full of Muſtard: Lay the Ears in the middle, the Feet round, and pour the Sauce over.

To Collar a Breaſt of Veal, *to Eat Hot.*

BONE your Veal; take ſome Thyme, Sweet-marjoram, Pepper, Salt, grated Nutmeg, and beaten Mace, ſhred Suet, and Crumbs of Bread, with a few Oyſters; beat all theſe in a Mortar, to mix it together; ſtrew it thick over the Veal; then roll it up into a Collar; then ſew it tight in a Cloth, and boil it three hours. Make your Sauce as for a White Fricaſſey, thicken'd with Cream, and Yolks of Eggs, boiling the Bones firſt for good Gravy; fry the Sweet-bread in Bits neatly cut. Save ſome of the Stuffing, for Forc'd-meat; to which add Juice of Spinnage, for Colour; and Yolks of Eggs, to make it roll tight, to fry or boil, for Garniſh in the Sauce, with the Sweet-bread.

To

To make Stove-Veal.

TAKE a Fillet of Veal of a Cow-Calf, cut away an Inch of the middle Bone on each ſide, that the Meat may lie flat in the Stew-pan; cut off the Udder, and ſlice it in long Pieces, and roll it in Seaſoning of Pepper, Salt, Nutmeg, and Sweet-herbs finely ſhred; make Holes through the Fillet, and ſtick in theſe ſeaſon'd Pieces of fat Udder as thick as you can, 'till the whole is ſtuff'd in; then lay Butter in the Pan, and put in the Meat; ſet it on a gentle Fire, turning and ſhaking it as you have occaſion; then ſcum off the Fat, and put in one Onion ſtuck with Cloves, a Lemon pared, and cut in half, and ſqueez'd in: Continue to ſhake it. If your Fire be as ſlow as it ought to be, 'twill take Five Hours to make it ready: One Hour before it is ſo, put in a large pint of ſtrong Broth. When the Meat is juſt enough, ſet on a pint of Oyſters, and a pint of Muſhromes, with a little of the Broth, and two ſpoon-fulls of Capers. Let the Meat

Meat be again clean ſcum'd from the Fat, before you uſe the Liquor; thicken this with Flower, and pour it into the Diſh to the Meat. 'Tis a grateful, ſavoury Diſh.

To make a Potatoe-Pye.

TAKE two pound of *Spaniſh* Potatoes, boil them 'till tender; then peel them, and ſlice them the long way; lay them in the Diſh; and take the Marrow of four large Bones, pick it out of the Bones in large Pieces, and lay it upon the Potatoes; put in two ounces of Preſerv'd-Barberries, as much Citron and Orange-peel, ſix ſlices of Lemon dip'd in Sugar, cut off the Rind; put in a quarter of a pint of Sack: Cover it with Puff-paſte; and when the Cruſt is baked, it is enough: Then cut off the Lid, that it may cool a little; and make a Caudle of half a pint of Sack, half a pound of Butter, the Yolks of four Eggs, and a quarter of an ounce of beaten Cinamon: Take care it does not turn. Make your

your Candle very ſweet, and pour it into the Pye.

To Stew Carp.

SCALE and waſh your Carps clean before you open them; then ſlit them carefully, and ſave the Blood in Vinegar; take out all the inſide with caution, for fear of breaking any thing, becauſe they muſt not be waſh'd on the inſide; put into their Bellies ſome whole Pepper, Salt, and a blade of Mace; cover them in the Stew-pan or Diſh, with Claret and half as much Water, Spice, Sweet-herbs, and a bit of Horſe-radiſh; Stew them gently, and turn them when they are enough; lay them on the Diſh to drain; and boil up the Sauce they were ſtew'd in, with two Anchovies, bon'd and waſh'd, the Vinegar the blood was ſav'd in, and a pound of good Butter; thick it with a little Flower, before you put in your Butter.

Good

Good Sauce for Boil'd Rabbets, *inſtead of Onions.*

BOIL the Livers, and ſhred them very ſmall, as alſo two Eggs not boil'd too hard, a large ſpoon-full of grated white Bread; have ready ſome ſtrong Broth of Beef and Sweet-herbs; to a little of that add two ſpoon-fulls of White-wine, and one of Vinegar; a little Salt, and ſome Butter; ſtir all in, and take care the Butter do not Oil; ſhred your Eggs very ſmall.

A pretty Sauce for Woodcocks, *or any Wild-Fowl.*

TAKE a quarter of a pint of Claret, and as much Water, ſome grated Bread, two or three Heads of Rocumbole, or a Shalot, a little whole Pepper, Mace, and ſlic'd Nutmeg and Salt; let this ſtew very well over the fire, then beat it up with Butter, and pour it under the Wild-Fowl, which being under roaſted,

roaſted, will afford Gravy to mix with this Sauce.

To Fry Oyſters, *for Garniſh, for Fiſh or Haſh.*

WASH them in their own Liquor, and dry them very well; then have ſome Yolks of Eggs beat up, with Spice and Salt finely beat, and Flower to make it thick enough, to hang on the Oyſters: Fry them quick, in clarified Beef-ſuet.

A Sweet Pye, *which may be made of Young Lamb or Chickens.*

TO two Chickens, you may take eight ounces of Marrow, or Butter, if that cannot be had; but a Loin of Lamb wants very little more than its own Fat: Seaſon your Lamb or Chickens with Salt, Sugar, beaten Cloves and Mace; lay it into the Diſh, and put in five Yolks of hard Eggs, with ſome

ſome of the Forc'd-meat-Balls, made as follows: Shred a pound of lean Veal, with a pound and half of Beef-ſuet, a very little Parſly, Spinnage and Thyme, ſhred very ſmall, mixed up with grated Bread, the Yolks of two Eggs, and ſeaſon it with Cloves, Mace, Salt and Sugar beat all fine, and colour it with a little Juice of Spinnage; make it into large Balls, and put as many in as will lie well; ſhred a Lemon-peel fine and ſtrew in; put in alſo ſome Sweet-meats, and a Coffee-cup of Water, with the Juice of a large Lemon; cover it with Puff-paſte, and when it comes out of the Oven, cut off the Lid, to let the fierceneſs of the Heat go out, before you put in your Caudle, which muſt be half a pint of White-wine, thicken'd with the Yolks of three Eggs, and ſweetn'd as you find Occaſion.

To Stew Herrings.

FIRST broil them very brown, then have ready ſome White-wine made hot with an Anchovy, a blade of

Mace, and a bit of Onion, with a little whole Pepper, all ſtew'd in the Wine; then cut off the Heads of the Fiſh, and bruiſe them in the Wine and Spice, and take them out again before you put in your Herrings; let them ſtew over Coals, in a Diſh that they may lie at length in; let them ſtew on both ſides 'till they are enough at the Bone; take them out, and ſhake up the Sauce with Butter and Flower. 'Tis a very good Way to Dreſs them.

To make Sauſages.

TAKE almoſt the double weight of Fat to your Lean Pork, and pick both clean from Bones, Skin and Kernels; ſhred it ſeverally very fine; then mix and ſhred it together, and to four pound of this Meat, you may put a very large Nutmeg, the weight of the Nutmeg in Cloves and Mace, and almoſt the weight of all the Spice in Pepper; beat all fine, and let your heap of Salt, be as big again as the Spice and Pepper; ſhred a large handful of freſh Sage,

Sage, and a little Thyme, very fine; grate two ſpoonfuls of white Bread, and take two Yolks of Eggs, mix all very well together, and fill your Skins: If you love Oyſters, half a pint ſhred to this quantity, gives it a rich Taſte; theſe roll and fry without Skins, and keep better in a Pot; add the Yolks of Eggs when you uſe them. *Norfolk* Links are only Fat and Lean Pork, more groſly cut; and the Seaſoning, Pepper, Salt, and a large quantity of Sage ſhred ſmall, and put in large Skins.

To make a Hog-meat-Pye.

TAKE two Buttock-pieces, or Rearing-pieces of Pork, 'tis what Lean is cut off the Gammon on the inſide of the Flitch, cut ſome of the Fat off the end of the Chine, and beat Fat and Lean together very ſmall; ſeaſon it with Pepper, Salt, Mace and Nutmeg; tie the Meat, when beat and ſeaſon'd, in a wet clean Cloth, lay it into the Shape you would have it in the Cloth, and cut ſome long ſlips of the Chine-fat, to mix

and lay between every Layer of the beaten Meat; when 'tis thus laid round and in order, tie it up hard, and lay a heavy weight to preſs it very hard and cloſe for three or four Hours: Make your Pye, and when you have laid in the Meat, lay half a pound of Butter over the Meat: Juſt as you ſet it into the Oven, pour in a quarter of a pint of Claret. When you Draw it, if you find it dry, pour in melted Butter.

Scotch-Collops, *a very good way.*

TAKE a Fillet of Veal, cut away the outſide Skin, and cut it out in thin Collops, with the grain, hack them with the back of your Knife; lard ſome of them with Bacon, and ſeaſon all of them with Salt, Nutmeg and Thyme, Parſly, and a little Savory; ſhred all the Herbs very ſmall, then fry them in a good quantity of clarified Butter, till they look of a fine Yellow; take care they are not burnt Black:

Black: When they are ſo done, lay them before the Fire to drain; pour the Butter they were fry'd in from the Gravy, and put to the Gravy three Anchovies, a little ſtrong Beef-broth, a little Oyſter-liquor, and Oyſters, with a quarter of a pint of Claret; let your Oyſters ſtew thus 'till they are enough, then ſhake in five or ſix ounces of Butter; rub the Pan firſt with Shallot, put in the Yolks of three Eggs, and take care to ſtir or ſhake it conſtantly, for fear of curdling; juſt before you pour it out, ſqueeze in the Juice of a Lemon, and pour it over the Collops: You muſt have Forc'd-meat-Balls and Muſhromes, and ſome fry'd Oyſters, with ſliced Lemon, for Garniſh.

To Stew Oyſters.

TAKE a quart of Oyſters, and clear them well from bits of Shells and Droſs in their own Liquor; then ſtrain that Liquor, and put to it a large blade of Mace, a ſmall Nutmeg ſlic'd, and a little Salt; let your Oyſters boil

in this Liquor, and ſcum them clean; when they are near enough, put to them ſome Parſly ſhred fine, and a little Shallot, if you love it, alſo ſhred fine, the Yolks of four Eggs, and near half a pound of Butter: Shake it conſtantly.

To make Lobſter-Pyes.

WHEN your Lobſters are boil'd, take them clean out of the Shells, ſlice the Tails and Claws thin; ſeaſon them with Pepper, and a little Mace and Nutmeg beat fine; take the Bodies with ſome Oyſters ſhred, mix it up with a little Onion fine ſhred, a little Parſly fine ſhred, and a little grated Bread, and ſeaſon it as the reſt; then take the Yolks of raw Eggs, to roll it up in Balls; lay all into the Pye, with Butter at bottom and top of the Fiſh; when it comes out of the Oven, pour in a Sauce of ſtrong Gravy, Oyſter-liquor and White-wine, thickn'd with the Yolk of an Egg; 'Tis to eat Hot.

To Boil a Turky, *or any Fowl, with* Oyſter-*Sauce.*

WASH your Oyſters very clean in their own Liquor, which Liquor you muſt then ſtrain out into a clean Sauce-pan; put in your Oyſters, with a bundle of Sweet-herbs, an Onion, ſome Mace, whole Pepper, and a bit of Lemon-peel: Then take fifteen, if large, of theſe Oyſters, with a little grated Bread, twice as much Beef-ſuet ſhred ſmall, the Yolks of four hard Eggs, two Anchovies, a very little Onion fine ſhred, Salt, Pepper, Nutmeg, Thyme, and Winter-ſavoury; ſhred all together very fine, and mix it up with a Yolk of raw Egg; ſtuff the Turky, or Fowls, under the Skin on the Breaſt; while they boil, ſet your Oyſters for the Sauce to ſtew very gently over the Fire; when they are almoſt enough take them out, and put in a quarter of a pint of White-wine, and half a pint of ſtrong Gravy, with an Anchovy, Herbs and Spice, firſt boil'd in, and ſtrain'd clean out of the Gravy;

when all this is boil'd together, put in as much Butter as will make it thick and well taſted, 'twill take near a pound to a quart of Oyſters: If you find it ſo thin as to part, mix a little Flower in a bit of the Butter, then throw in your Oyſters again, the Juice of a Lemon, and ſome ſhred Parſly to look Green: Pour it over the Fowl; and Garniſh with Oyſters and Lemon.

To make Weſtphalia-Hams; *abſolutely the beſt way to do them.*

CUT your Leg of Fat large Pork, as like a right Ham as you can, (Black Hogs make the beſt) hang it up two days, then beat it very well on the Fleſhy-ſide with a Rolling-pin; rub in an ounce of Salt-petre (finely beaten) in every place, ſo let it lie a Day and Night; then take an ounce more of beaten Salt-petre, with two large handfuls of common Salt, and a hand-

ful of Bay-ſalt, a pound of coarſe Sugar; mix all theſe together, and warm them thorough-hot in a Stew-pan, but be ſure not to melt it; and while 'tis hot, rub it all over the Ham very well, with two large handfuls more of Salt; thus let it lie 'till it melts to Brine, then turn it every Day twice, and baſte it with that Brine for three Weeks together: Dry it as Bacon.

To Pot Neat's-Tongues, *a better way then Drying them.*

PICKLE them Red, as you do to Dry; and when you think them Salt enough to Dry, boil them very tender; take them up and peel them, and rub them with Pepper, Cloves, and Mace all over; then turn them round into a Pot to bake: Lay them in ſingle Pots on their ſide; you muſt cut off the Root as well as Skin, and cover them with Butter: Bake them with Brown-Bread; when they come out of the Oven, pour out the Gravy, and

and let the ſame Butter ſerve, when clear'd; if there is not enough, add more clarified.

To Pot Salmon, *as at* New-Caſtle.

TAKE a Side of Salmon, ſcale and wipe it very well and clean, but don't waſh it; Salt it very well, and let it lie 'till the Salt be melted, and drain'd from it, then ſeaſon it with beat Mace, and Cloves, and whole Pepper; lay in three or four Bay-leaves, and cover it all over with Butter; when 'tis well bak'd take it out, and let it drain from the Gravy, then put it into your Pot to keep; and when cold, cover it with clarified Butter. Thus you may do Carp, Tench, Trout, or any firm Fiſh.

To Pickle Mackarel, *call'd* Caveach.

CUT your Mackarel into round Pieces, and divide one into five or ſix Pieces: To ſix large Mackarel you may take one ounce of beaten Pepper, three large Nutmegs, a little Mace, and a handful of Salt; mix your Salt and beaten Spice together, and make two or three holes in each Piece, and thruſt the Seaſoning into thoſe holes with your finger; rub the Pieces all over with the Seaſoning; fry them brown in Oil, and let them ſtand 'till they are cold; then put them into Vinegar, and cover them with Oil. They will keep, well cover'd, a great while, and are delicious.

To Stew a Rump of Beef.

FIRST boil it more than half enough; then take it off the Fire, and peel the Skin off the top: Have ready

ſome

ſome Pepper, beaten Mace, grated Nutmeg, Salt, ſhred Thyme, Savory, Marjoram, and Parſly; ſtuff it in large holes through the Fat; lay the reſt of the Seaſoning all over the top; and to bind it on, ſpread over it the Yolk of one or two Eggs. Be ſure to ſave the Gravy that runs out in Stuffing, to which add a pint of Claret, and ſome Vinegar: Put it in a deep Pan that will not be too big, but let the Liquor come up to the top: Bake it two hours; and when you put it in a clean Diſh, pour the Gravy and Wine it was baked in all over.

To make a good Forc'd-Meat *for any Uſe.*

TAKE a pound of Veal, and full its weight in Beef-ſuet, a bit of Bacon; ſhred all together, beat it in a Mortar very fine; then ſeaſon it with Sweet-herbs, Pepper, Salt, Cloves, Mace, and Nutmegs: And when you roll it up to fry, add the Yolks of two or three Eggs, to bind it. You may add Oyſters,

or

or Marrow, on extraordinary Occaſions.

To Pot Lamprey.

SEASON your Fiſh with Pepper, Salt, and Nutmeg, a large Onion ſtuck with Cloves, three ſpoonfuls of Claret; cover it with Butter, and bake it: When 'tis enough, take it out, and ſtrain it from the Liquor: Pour off the clear Butter, and add it to as much more as will cover the Fiſh, in a Pan fit to keep it, and bring to Table. Remember always to Clarifie all the Butter you pour over Potted Things.

A Weſtphalia-Ham-Pye.

BOIL your Ham as tender as you uſually do to eat when 'tis cold; bone and skin it; ſeaſon it with Pepper, Cloves and Mace beaten; put it into very good Cruſt, or in a Diſh cover'd over with Paſty-cruſt. Before you Lid it,

it, lay in Butter; and when it comes out of the Oven, put in clarify'd Butter. 'Tis good either Hot or Cold.

To Pickle Codlins, *like* Mangoe.

MAKE a Brine of Salt and Water ſtrong enough to beat an Egg, into which put half a Hundred of the faireſt and largeſt Codlins you can get; they muſt be full grown, but not full ripe; let them lie in this Brine nine or ten Days, ſhifting the Pickle every other Day; then dry them, and very carefully ſcoop out the Core: Take out the Stalk ſo whole, as that it may fit in again; and you may leave the Eye in, if you don't put your Scoop quite through: Fill it, in the room of the Core, with Ginger ſliced thin, and cut ſhort, a Clove of Garlick, and whole Muſtard-ſeed, as much as it will hold: Put in the Piece, and tie it up tight. Make your Pickle of as much White-wine-Vinegar as will cover them, with ſliced Ginger, Cloves of Garlick, and whole Muſtard-ſeed: Pour this Pickle boiling-

boiling-hot upon them every other Day, for a Fortnight or Three Weeks. Stone-Jars are beſt for all ſorts of Pickles.

And this is as good a Way as any for a midling large *Cucumber*; only don't cut them to put the Garlick and Muſtard-ſeed in; for they keep much longer, and eat much criſper, if you let them be whole. But neither *Cucumbers*, *Peaches*, nor *Melons* are comparable to *Codlins*, for imitating the right *Mangoe*.

To Pickle Wall-nuts.

TAKE a Hundred of the large *French* Wall-nuts, at the beginning of *July*, before they have a hard Shell: Juſt ſcald them, that the firſt Skin may rub off; then throw them into Water and Salt for nine or ten Days, ſhifting them every other Day, and keep them cloſe cover'd from the Air; then dry them: And make your Pickle of two quarts of White-wine-Vinegar, Long-Pepper, Black-Pepper, and Ginger, of each one ounce; Cloves, Mace, and Nutmegs, of each half an ounce; beat

beat the Spice, and with it a large ſpoonful of Muſtard-ſeed; ſtrew this between every Layer of Wall-nuts, and pour your Liquor boiling-hot upon them three or four times, or oftner, if you ſee Occaſion: Be ſure to keep them cloſe ſtopt. A ſpoonful of this Pickle is good in Fiſh, or any ſavoury Sauce. Three or four Cloves of Garlick do well, if you do not diſlike the Taſte.

To Pickle Muſhromes.

GATHER the ſmalleſt Buttons, cut off the bottom of the Stalk, and throw them into Water and Salt; then rub them with a coarſe Cloth or Flannel very clean, and throw them into another Pan of clean Water: Boil them in Milk and Water: Take them out upon a clean Cloth: When they are dry, put them into Glaſſes, with White-Pepper-corns, and a good quantity of Mace: Pour good Oil on the top of the Pickle; it keeps them beſt; and put them in as ſmall Glaſſes as you can, be-

cauſe

cauſe they ſoon decay when they have taken Air.

To Pickle Neats-Tongues, *very good.*

LAY your Tongues twelve Days in common Salt, and Salt-petre, then boil them very tender, and blanch them; cut off the Root, and lay them into a Pot, and pour over them a Pickle made of good White-wine-Vinegar, which you muſt boil up with Pepper, Cloves, Mace, and a little Ginger: When 'tis ready to take off the Fire, throw in a piece of Lemon-peel, and three or four Bay-leaves; put it not to the Tongues 'till cool: Tie them cloſe from the Air. A little of the Pickle, with good Oil, is their Sauce.

To Pickle Pigeons.

BONE them neatly, and ſeaſon them with Salt, Pepper, Cloves, and Mace; ſew them up at the Back,

and tie the Neck and Rump; boil them in two quarts of Water, a pint of White-wine, and as much White-wine-Vinegar; put into it a ſmall faggot of Sweet-herbs, and a bit of Lemon-peel. When the Pigeons are enough, take them off the Fire: When they are out, boil and ſcum the Pickle very clean; pour it not to the Pigeons 'till 'tis cold.

To Pickle Smelts.

GUT and Waſh them clean, then lay them in Rows, and put Pepper, Nutmeg, Cloves, Mace and Salt between every Layer of Fiſh, and four or five Bay-leaves, powder'd Cochineal and Petre-ſalt beat and mix'd with the Spice: Boil (as much as will cover them) good Red-wine-Vinegar, and put to them when cold. They exceed *Anchovies.*

To

To Pickle Oyſters.

TAKE a Peck of very large Oyſters; when carefully open'd without cutting, waſh them three or four times in their own Liquor; ſtrain the Liquor, and put that into a Skillet: When it boils, put in your Oyſters, with half an ounce of White-Pepper, and five or ſix blades of Mace: Let them boil 'till they begin to ſhrivel up; then take them out of the Liquor, and cover them cloſe, while the Spice and Liquor boils a quarter of an hour longer; then pour it on the Oyſters; and always keep them as much from the Air as you can, to keep their Colour.

An Apple-Pudding *to Bake, very good.*

TAKE twelve fair large Pippins, coddle them over the Fire very ſlowly, that they do not crack; when they are ſoft, peel and core them, and

pulp them through a Cullender: Add to this three ſpoonfuls of Orange-flower-Water, ten Eggs well beat and ſtrained, half a pound of very good Butter melted; make it very ſweet, the Apples require it: Add Candy'd Orange, Lemon, or Citron-peel: Put a Sheet of Puff-paſte into a Diſh, and pour in your Pudding; bake it with care: 'Tis done in half an Hour.

The beſt Orange-Pudding *that ever was taſted.*

PARE the Yellow Rind of two fair *Sevil*-Oranges, ſo very thin that no part of the White comes with it; ſhred and beat it extremely ſmall in a large Stone-mortar; add to it, when very fine, half a pound of Butter, half a pound of Sugar, and the Yolks of ſixteen Eggs; beat all together in the Mortar 'till 'tis all of a Colour; then pour it into your Diſh in which you have laid a Sheet of Puff-paſte. I think Grating the Peel ſaves Trouble, and does it finer and thinner than you can

can ſhred or beat it: But you muſt beat up the Butter and Sugar with it, and the Eggs with all, to mix them well.

A Rice-Pudding.

GRIND or Beat half a pound of Rice to Flower, mix it, by degrees, with three pints of Milk, and thicken it over the Fire with care, for fear of burning, 'till 'tis like a Haſty-Pudding: When 'tis ſo thick, pour it out, and let it ſtand to cool: Put to it nine Eggs, (but half the Whites,) three or four ſpoonfuls of Orange-flower-Water: Melt almoſt a pound of good Butter, and ſweeten it to your Taſte. Add Sweet-meats, if you pleaſe.

White Hog's-Puddings.

TAKE a quart of Cream, and four-teen Eggs, (only half the Whites,) beat them but a little; and when the Cream boils, put in the Eggs; keep

them ſtirring on a gentle Fire 'till 'tis all a thick Curd: After 'tis almoſt cold, put to it a pound of grated White-bread, two pound of Suet ſhred very fine, two Nutmegs grated, ſome Citron cut ſmall, half a pound of Almonds beat ſmall, with Orange-flower-Water, Salt, and Sugar to your Taſte: To this you may put three quarters of a pint of Cream when you go to filling.

A Neat's-foot-Pudding.

TAKE to a pound of Neats-foot finely ſhred, three quarters of a pound of Suet ſhred as ſmall, a whole Nutmeg grated, Candy'd Orange minced, ſome Salt, and ſome Currants, a little grated Bread, and ſeven Eggs, (leave out half the Whites;) flower the Bag, and let it boil two Hours and a half at leaſt. The Sauce is, Sack, Sugar and Butter melted.

Cuſtards,

Cuſtards, *very good.*

BOIL a quart of Cream, then ſweeten it with fine-powder'd Sugar, beat eight Yolks of Eggs, with two ſpoonfuls of Orange-flower-Water; ſtir this in the Cream, and ſtrain all through a Sieve: Fill your Cups or Cruſt, and bake them with Care.

Orange-Cheeſe-cakes, *very good.*

BLANCH half a pound of ſound Sweet-Almonds, beat them very fine, with two ſpoonfuls of Orange-flower-Water, half a pound of Sugar beat and ſifted, three quarters of a pound of melted Butter: Put to the reſt, when almoſt cold, eight Eggs, leaving out half the Whites; beat and ſtrain them: Boil the Peel of a *Sevil* Orange 'till the Bitterneſs is out, beat it fine, and mix it with the reſt; put it into very light Cruſt: 'Tis an incomparable Cheeſe-cake without the Orange.

Another Cheese-cake, *without Curd, very good.*

TAKE a quart of Cream, and seven Eggs, Yolks and Whites; beat three of the Eggs, and put as much Rice-flower to them as will make them thick as a Paste; then put in the other four Eggs, being a little beaten, and stir all well together; set on your Cream to boil, and put in your Eggs and Rice, stirring it all the time, 'till 'tis a pretty thick Curd: When 'tis cold, season one part with a spoonful or two of Sack, Nutmeg, Sugar, and Currants, and the other with Orange-flower-water, Ambergreese, and Sugar; put them in very good Crust: A little time bakes them.

A good Cheese-cake, *with Curd.*

TO a pound and half of Cheese-curd, put ten ounces of Butter, beat both in a Mortar, 'till all looks like Butter; then add a quarter of a pound of

of Almonds, beat with Orange-flower-Water, a pound of Sugar, eight Eggs, half the Whites, a little beaten Mace, and a little Cream, beat all together: A quarter of an Hour bakes them in Puff-cruſt, and in a quick Oven.

Thin Cream Pan-cakes, *call'd a* Quire of Paper.

TAKE to a pint of Cream, eight Eggs, leaving out two Whites, three ſpoonfuls of fine Flower, three ſpoonfuls of Sack, and one ſpoonful of Orange-flower-Water, a little Sugar, a grated Nutmeg, and a quarter of a pound of Butter, melted in the Cream; mingle all well together, mixing the Flower with a little Cream at firſt, that it may be ſmooth: Butter your Pan for the firſt Pancake, and let them run as thin as you can poſſibly to be whole, when one ſide is colour'd 'tis enough; take them carefully out of the Pan, and ſtrew ſome fine ſifted Sugar between each; lay them as even on each other

other as you can: This quantity will make Twenty.

An Almond-Pudding.

BEAT half a pound of good ſweet Almonds, with Orange-flower-Water, grated Biskets, three or four, as they are for ſize, half a pound of Butter, and four large ſpoonfuls of Sack, eight Eggs, leaving out half the Whites, and a quart of Cream, with Sugar to your Taſte; put a Puff-paſte at the bottom of the Diſh; and Garniſh the edge with Paſte; ſo pour it in and bake it: Thoſe that love not Orange-flower-Water, may put a grated Nutmeg inſtead of it, and beat the Almonds with fair Water, for fear of Oiling.

Orange-

Orange-Pudding.

TAKE three fair Oranges, cut them and ſqueeze off the Juice into a clean Pan, boil the Peels in two or three Waters, 'till the bitterneſs is off, then pick out the Pulp and Strings, and beat the Peel very fine in your Mortar, with Orange-flower-Water, then mix it up with the ſtrain'd Juice; add to it nine Eggs, leaving out four Whites, half a pound of Butter, and Sugar to your Taſte; put a Puff-paſte at the bottom of the Diſh; and Garniſh the edge of the Diſh with Paſte: Some People only grate in the Peels raw, and leave out the Juice; but I think the above-written way, is the moſt Grateful and Pleaſant.

A Cuſtard Sack-Poſſet.

TAKE a quart of Cream, boil it, and ſeaſon it well with Sugar; then take ten Eggs, with two Whites, beaten

beaten very well, ſtrain them to half a pint of Sack, ſtir the Eggs and Sack with care over the Fire, 'till 'tis very hot; then pour in the Cream, holding it very high, and ſtir all very well together; cover it cloſe and ſet it over a Kettle of Water, 'till 'tis come as thick and ſmooth as a Cuſtard: 'Tis by much the beſt Sort of Poſſet that is made.

Cheeſe-curd-Pudding.

TAKE the Curd of a gallon of new Milk, drain'd from the Whey, beat it very well in a Mortar, with half a pound of Butter; then take ſix Eggs, but three of the Whites, beat them very well, and ſtrain them to the Curd; two grated Naple-biskets, or a Half-penny-Loaf, if they cannot be had, with half a pint of Flower; mix all theſe together, and ſweeten it to your Palate: Butter your Patty-pans very well, fill and bake them: Let not the Oven be too hot; turn them out, and pour over them Sack, Sugar, and Butter

ter melted very thick, cut ſlips of Candy'd Orange-peel, or Citron, to ſtick up in them; and ſlice blanch'd Almonds, for thoſe that have not Sweetmeats.

A very good Tanſie.

TAKE a pint of Milk, and a pint of Cream, about a pint of Juice of Spinnage, which muſt be well dried, after waſhing, before you ſtamp it; ſtrain it and pour it in; beat fifteen Eggs with a little Salt, leave out eight Whites, ſtrain them into the other things, put in near a pint of grated Bread or Bisket, grate in a whole large Nutmeg, and as much Sugar as will make it very ſweet, thicken it over the Fire as thick as a Haſty-Pudding; put it into a butter'd Diſh, and a cool Oven: Half an Hour bakes it.

To

To make Hogs-Puddings.

TAKE the Hog's-Tongue, and ſome of the Lights, with a piece of Liver; when all is boil'd tender, grate the Liver, and chop the Tongue and Lights very ſmall; put this to a gallon of grated Bread, three Pound of Currants, Mace, Cinamon, Nutmeg, Salt, and Sugar, nine Eggs, leave out four whites, three pound of Suet finely ſhred; wet it with the top of the Liquor you boil'd your Meat in; it muſt not be too limber: When 'tis ready, fill your Skins.

Liver-Puddings, *very good*

TAKE the Crumb of a Two-penny White-Loaf grated, a pound of Marrow, or freſh Beef-ſuet, ſo finely ſhred, as to go through a Cullender; take a pound of Hog's-Liver boil'd, grate and ſift that very fine; boil a quart of Cream, with a blade of Mace, and

and ſweeten it; grate a Nutmeg, and put it to the reſt; beat up ſix Eggs with the Whites, a little Salt, and a ſpoonful of Orange-flower-Water, mix all together, and fill your Skins: If you like Currants, you muſt plump them, before they go in.

A Sagoe-Pudding.

TAKE half a pound of Sagoe, and waſh it well in three or four hot Waters, then put to it a quart of New Milk, and let it boil together, 'till thick as Haſty-Pudding; ſtir it carefully, for 'tis apt to burn; put in a ſtick of Cinamon, when you ſet it on the Fire; when 'tis boil'd take it out: Before you pour it out, ſtir in near half a pound of Butter, beat nine Eggs, with four ſpoonfuls of Sack, leave out four Whites, ſtir all together, ſweeten it to your Taſte, and put in a quarter of a pound of plump'd Currants; lay a Sheet of Puff-paſte under, and to Garniſh the brim.

To Stew Golden-Pippins, *a very good way.*

PARE them, and nicely ſcoop out the Core, with a very ſmall Scoop, throw them into Water, to preſerve their colour; to a pound of Pippins thus prepared, take half a pound of Double-refin'd Sugar, and one pint of Water, boil and ſcum the Syrrop, before you put in the Pippins; when the Pippins are in, let them boil a-pace, to make them clear, and when they are ſo, put in a bit of Lemon-peel, and the Juice of Lemon to your Taſte.

Hart's-horn, *or* Calf's-foot-Jelly, *the beſt way.*

TAKE to half a pound of good Hart's-horn, three quarts of fair Water, let it boil very ſlowly, 'till above one quart be conſumed; if you cannot get Hart's-horn, one ſet of Calf's-feet, will make more in quantity,

tity, and taſte almoſt as well; the look, with care, will be the ſame; ſtrain this Liquor, and let it ſtand to cool; the ſtronger you make your Jelly, the more Ingredients you may uſe; to make it Palatable, when it is ſettl'd, as it will be, the next Day, take off what is clear of the Hart's-horn, and of the Calf's-foot-Jelly; you muſt take off the Fat from the top, as well as leave the Droſs at the bottom; to this two quarts of ſtrong Jelly, you may put a pint of Rheniſh, and a quarter of a pint of Canary; beat up the Whites of five Eggs to a froth; ſtir all together with Sugar, to make it very ſweet; mix it well, and ſet it on the Fire, and ſtir it 'till it Melts and Curdles; then put in the Juice of five large Lemons, and a bit of the Peel; let this boil up, then pour it through your Jelly-bag, and paſs the firſt quart or two, over and over again, 'till 'tis perfectly Fine.

To make Almondnet, *or* White-Jelly.

BLANCH half a pound of Almonds, and beat them very fine, with a little Orange-flower-Water, juſt enough to keep them from Oiling; when they are pounded as ſmall as 'tis poſſible to do them, mix them up with ſome of your Jelly, that is not ſo much weaken'd with Wine and Lemon, this will colour a pint and half of the Jelly; paſs this through a very fine Hair Sieve, very often, and ſtir it 'till it grows thick, that the colour of the Almond may not ſettle to the bottom; pour it into pretty ſhaped Glaſſes, that it may look handſome, when turn'd out upon China-Plates. This Jelly muſt be made very good taſted, tho' you may abate a little of the Wine, and Juice of Lemon; becauſe the Almonds ſupplies that want; and then being ſerv'd out of the Glaſſes, it wants ſtrength.

Lemon

Lemon-Cream, *the beſt way.*

TAKE three ſmooth fair Lemons, pare them and ſqueeze out the Juice; cut the Peel in ſmall pieces, and put it to the Juice; for two or three Hours, cover it cloſe; and when it taſtes of the Peel, add to it the Whites of four Eggs, and the Yolks of two, beat this well with two ſpoonfuls of Orange-flower-Water, then put all theſe to a pint of fair Water, ſtrain it, and ſweeten it with Double-refin'd Sugar; ſet it over a gentle Fire, and ſtir it carefully, 'till 'tis as thick as Cream: Put it into your Jelly-Glaſſes.

To make Black-Caps, *the beſt way.*

TAKE a dozen and half of very large French-Pippins, or Golden-Runnets, cut them in half, and lay them with the flat ſide down to the Mazareen, which muſt be large; lay

them ſingle, as cloſe by each other as they can lie; ſqueeze a large Lemon into two ſpoonfuls of Orange-flower-Water, and pour over them; ſhred Lemon-peel very fine, and ſhake between; and grate Double-refin'd Sugar all over them; put them into a quick Oven, and they are done in half an Hour.

Almond-Cream.

TAKE half a pound of good Almonds, blanch and beat them very fine, with Orange-flower-Water; take a quart of Cream boil'd, cool'd and ſweetn'd, put the Almonds into it, and when they are mixt, ſtrain it through a Canvas, then ſtir it over the Fire, 'till it thickens, and pour it into Glaſſes; if you love it richly Perfum'd, put in a grain of Ambergreeſe.

To make Orange-Cream.

TAKE four Oranges, and grate the Peels into a pint of Water, then ſqueeze the Juice into the Water; beat the Yolks of four Eggs very well, and put into the Water; ſweeten it very well with double-refin'd Sugar; preſs all hard through a ſtrong Strainer, ſet it on the Fire, and ſtir it carefully all one way, 'till 'tis as thick as Cream; then pour it into your Glaſſes.

A very Rich Almond-Cream, *to Jelly.*

MAKE a very ſtrong Jelly of Hart's-horn; and that it may be ſo, put half a pound of good Hart's-horn to a quart and half a pint of Water; let it boil away near half; ſtrain it off through a Jelly-bag; then have ready beaten to a very fine Paſte ſix ounces of Almonds, which muſt be carefully beat with one ſpoonful of good Orange-flower-Water, with ſix or eight

ſpoonfuls of very thick ſweet Cream: then take near as much Cream as you have Jelly, and put both into a Skellet, and ſtrain in your Almonds, ſweeten it to your Taſte with Double-refin'd Sugar; ſet it over the Fire, and ſtir it with Care conſtantly 'till 'tis ready to boil; ſo take it off, and keep it ſtirring 'till it is near cold; then pour it into narrow-bottom'd Drinking-glaſſes, in which let it ſtand a whole Day: When you would turn it out, put your Glaſſes into warm Water for a Minute, and 'twill turn out like a Sugar-loaf. This is call'd *Steeple-Cream.*

To make Orange-Poſſet.

SQUEEZE the Juice of two *Sevil*-Oranges, and one Lemon, into a *China*-Baſon that holds about a quart; ſweeten this Juice like a Syrop with Double-refin'd Sugar, put to it two ſpoonfuls of Orange-flower-Water, and ſtrain it through a fine Sieve; boil a large pint of thick Cream, with ſome of the Orange-peel in it cut thin: When 'tis

'tis pretty cool, pour it into the Baſon of Juice through a Funnel, which muſt be held as high as you can from the Baſon: It muſt ſtand a Day before you uſe it. When it goes to Table, ſtick Slips of Candy'd Orange, Lemon, and Citron-peel on the top.

Poſtatia-Cream, *very good.*

TAKE an ounce of the Kernels of *Poſtatia*-Nut, beat them ſmall with two ſpoonfuls of Orange-flower-Water, and four Yolks of Eggs; boil a quart of Cream, and mix all together: When the Cream is ſo cool it will not curdle the Eggs, thicken it over the Fire with great Care, and put it into your Glaſſes.

To make Fry'd Cream.

TAKE a quart of good new Cream, the Yolks of ſeven Eggs, a bit of Lemon-peel, a grated Nutmeg, two

ſpoonfuls of Sack, as much Orange-flower-Water: Butter your Sauce-pan, and put it over the Fire; ſtir it all the while one way with a little white Whisk, and as you ſtir, ſtrew in Flower very lightly, 'till 'tis thick and ſmooth; then 'tis boil'd enough, and may be pour'd out upon a Cheeſe-plate or Mazareen; ſpread it with a Knife exactly even about half an Inch thick, then cut it in Diamond-ſquares, and fry it in a Pan-full of boiling ſweet Suet.

To make a very good Barley-Gruel.

OF three ounces of Pearl-barley make a quart of Barley-water; ſhift it once or twice, if it is not white; put to it four ounces of Currants clean pick'd and waſh'd; when they are plumpt, pour the Gruel out to cool a little, and beat up the Yolks of three Eggs and put into it, with half a pint of White-wine, and half a pint of new thick Cream, the Peel of a Lemon, and as much Sugar as you like; ſtir it gently

gently over the Fire 'till 'tis as thick as Cream. 'Tis a pretty wholeſome Spoon-meat for Suppers.

To make the Thick Square Cream-Cheeſe, *as at* Newport.

YOU muſt get a Vat made a quarter and half high, the Bottom nor Top muſt not be faſtned in, it muſt be Four-ſquare, with Holes all over; then take two quarts of good thick Cream, two quarts of Stroakings, and a gallon of New-Milk, ſet it with Runnet as for common Cheeſe; when 'tis come, take take out the Curd with a *China*-Saucer, and put it into the Vat, ſtrew a little clean dry Salt in two or three places as it is laid in; and as the Curd ſinks, fill up the Vat, 'till all the Cheeſe is in; preſs it as other Cheeſe; Let it ſtand in the Vat two or three Days, 'till all the Whey is out, and turn'd often while 'tis in; ſalt it two Days: When you take it out, you muſt let it dry without rubing; and make it in *May*. If you deſire it exactly Four-ſquare, let the Vat be full

full a quarter and half high, and the Square want an Inch of a quarter.

To make a pretty ſort of Flummery.

PUT three large handfuls of Oat-meal ground ſmall, into two quarts of Fair-Water, let it ſteep a Day and Night; then pour off the clear Water, and put the ſame quantity of freſh Water to it; ſtrain it through a fine Hair-ſieve, and boil it 'till 'tis as thick as Haſty-pudding; ſtir it all the while, that it may be extremely ſmooth; (and when you firſt ſtrain it out, before you ſet it on the Fire, put in one ſpoonful of Sugar, and two of good Orange-flower-Water.) When 'tis boil'd enough, pour it into ſhallow Diſhes, for your Uſe.

To

To make Hart's-horn-Flummery.

PUT a pound of Hart's-horn-Shavings to three quarts of Spring-Water, boil it very gently over a ſoft Fire 'till 'tis conſumed to one quart; then ſtrain it through a fine Sieve into your Baſon, and let it ſtand 'till cold; then juſt melt it over the Fire, and put to it half a pint of White-wine, a pint of new thick Cream, and four ſpoonfuls of Orange-flower-Water; ſcald your Cream, and let it be cold before you mix it with the Wine and Jelly; put in double-refin'd Sugar to your Taſte, and then beat it all one way for an Hour and an half at leaſt; for if you are not thus careful in beating, 'twill neither mix nor look to pleaſe you. Let the Cups you pour it into be dip'd in clean Water; for if they are dry, it will not turn out well: Keep it in the Cups a Day before you uſe it. When 'tis ſent to Table, you muſt turn it out, and ſtick it all over the top with blanch'd Almonds cut in Slips. Eat it in Cream, or Wine, which you like beſt.

A Whipt Sillibub, *Extraordinary.*

TAKE a quart of Cream, and boil it, let it ſtand 'till 'tis cold; then take a pint of White-wine; pare a Lemon thin, and ſteep the Peel in the Wine two Hours before you uſe it; to this add the Juice of a Lemon, and as much Sugar as will make it very ſweet: Put all this together into a Baſon, and whisk it all one way 'till 'tis pretty thick: Fill your Glaſſes, and keep it a Day before you uſe it; 'twill keep good three or four Days. Let your Cream be full Meaſure, and your Wine rather leſs. If you like it Perfum'd, put in a grain or two of Ambergreeſe.

Panada, *for a Sick or Weak Stomach.*

PUT the Crum of a Peny White-Loaf grated into a quart of cold Water, ſet both on the Fire together, with

with a blade of Mace: When 'tis boiled ſmooth, take it off the Fire, and put in a bit of Lemon-peel, the Juice of a Lemon, a Glaſs of Sack, and Sugar to your Taſte. This is very Nouriſhing, and never offends the Stomach. Some ſeaſon with Butter and Sugar, adding Currants, which on ſome Occaſions are proper; but the firſt is the moſt grateful and innocent.

To make Sagoe.

PUT an ounce of Sagoe to a pint of Water that has been boil'd and is cold, ſtir it carefully 'till 'tis thick; ſeaſon it with three ſpoonfuls of Sack or White-wine, a bit of Lemon-peel, and the Juice of a Lemon. Sweeten it to your Taſte.

To make Salop.

PUT half an ounce of Salop to a pint of Water, ſtir it 'till 'tis thick, and ſeaſon it with Roſe-water, or Orange-flower-

flower-water, or Sack: If you like it better, a little Juice of Lemon and Sugar. 'Tis good for Weak or Consumptive People.

To make Orange-Marmalade, *very good.*

TAKE eighteen fair large *Sevil*-Oranges, pare them very thin, then cut them in halves, and ſave their Juice in a clean Veſſel, and ſet it cover'd in a cool Place; put the half-Oranges into Water for one Night, then boil them very tender, ſhifting the Water 'till all the Bitterneſs is out, then dry them well, and pick out the Seeds and Strings as nicely as you can; pound them fine, and to every pound of Pulp take a pound of double-refin'd Sugar; boil your Pulp and Sugar almoſt to a Candy-height: When this is ready, you muſt take the Juice of ſix Lemons, the Juice of all the Oranges, ſtrain it, and take its full weight in double-refin'd Sugar, all which pour in to the Pulp and Sugar; and boil the whole pretty

pretty fast 'till it will Jelly. Keep your Glasses cover'd, and 'twill be a lasting wholsome Sweet-meat for any Use.

Lemon-Cakes.

TAKE a pound of double-refin'd Sugar, beat and sift it very fine, wet it with Juice of Lemon, boil it almost to a Candy-height, then drop it on Plates; set it in a warm place, 'till they will slip off the Plates. They are grateful, and proper to quench Thirst. You may shred the Peel very fine, and boil up with one half, if you like it; but add fresh Juice with that, or 'twill be too thick to drop neatly.

Orange-Chips.

CUT off the Peels of very fine Oranges, not too thin, boil them in a large quantity of Water, shifting them often, that they may not be bitter: When they are tender, dry them,

them, and take their weight in double-refin'd Sugar; boil the Chips and Sugar, when wet, to a Candy, 'till the Sugar be almoſt conſumed: Lay them thin on Plates, to dry.

Jelly *of* Currants.

TAKE your Currants and ſtrip them from the Stalks into a Gally-pot, which Pot you muſt put into a Kettle of Water over the Fire 'till they be enough; ſtrain them through a Flannel Jelly-bag, but don't ſqueeze it; add to the Liquor its weight in double-refin'd Sugar, boil both up for a quarter of an Hour very gently, then put it into Glaſſes.

Apricock-Chips.

TAKE the weight of the whole Apricocks in double-refin'd Sugar, then ſlice them the long-way, but don't pare them; boil your Sugar to a thin Candy,

Candy, then put the Fruit in, and let them ſtand on the Fire 'till ſcalding-hot; lay them thin on Plates, and ſet them in the Sun to dry, when they have lain one Night in the Liquor.

To Preſerve Apricocks *in* Jelly.

TO a pound of Apricocks, before they are ſtoned and pared, take a pound and a quarter of double-refined Sugar; ſtone and pare your Apricocks, and have your Sugar finely beat; as you pare them, lay ſome Sugar under and over them: When the Sugar is pretty well melted, ſet them on the Fire and boil them; keep ſome Sugar out to ſtrew on them in the boiling, to keep their Colour; and as the Scum riſes, take it off very clean, and ſometimes turn them with the Ladle, as you ſee occaſion: When they are tender, put them into Glaſſes. Add to your Syrop a quarter of a pint of Pippin-liquor, and the weight of it in Sugar, and let it boil a-while; put it to your Apricocks: Let your Fire be quick;

for the ſooner any White Sweet-meat is done, 'twill look the better. You may let the Liquor run through a Jelly-bag, if you would have it delicately clear.

Prawlins, *or Fry'd* Almonds.

TAKE a pound of the beſt *Jordan*-Almonds, rub them very clean from the Duſt: Take their weight in Loaf-Sugar, wet it with Orange-flower-Water, and boil it to a Syrop; then throw the Almonds into it, and boil them to a Candy, conſtantly ſtirring 'till they are dry; then put them into a Diſh, and take away the looſe Bits and Knobs which will be about them: Put the Almonds again into the Preſerving-pan, and ſet them on a ſlow Fire, 'till ſome of their Oil comes from them into the bottom of the Pan.

To Preſerve Orange-Flowers.

PICK the Flowers, and little Oranges and Stalks apart, boil the Flowers in clear Water 'till they are tender; boil the little Oranges and Stalks alſo in ſeveral Waters, 'till the Bitterneſs be quite gone: To a pound of Flowers take three pounds of double-refin'd Sugar, wet the Sugar with Water, and boil it to a Syrop; then drain the Flowers from their Water, and put them into the Syrop, boil them a little, and put them into Glaſſes.

Cakes *of* Orange-Flowers.

TO a pound of Flowers take five pounds of double-refined Sugar; dip your Sugar in Water, and lay it in the Preſerving-pan to melt; pick the out-ſide Leaves off, boil the Flowers in Water 'till they are tender, and drain them well: While they boil, you muſt ſet your diſſolv'd Sugar on the Fire, and boil it to a thick Syrop, and be ſure

to let it ſtand to be cold, before you put in your Orange-Flowers; drop them nicely on Plates, in round Cakes, and dry them in the hot Sun, or a Stove.

A very good way to make Conſerve of Roſes.

MAKE a ſtrong Infuſion of Red Roſes, with Red-roſe-Water, as much as you think will boil the Quantity you intend to make; then take the freſh Buds of Roſes, and clip off all the white and withered Leaves; and boil theſe Buds in the infuſed Liquor, as ſoft as may be, 'till they are very tender, and as Red as they were at firſt; then take them out, and weigh them, and put twice the weight of Double-refin'd Sugar, and boil it again, with the Sugar, as faſt as can be, 'till it Jellies; when you take it out, you may add either Amber, Pearl, Coral, Gold, or Spirit of Vitriol; theſe laſt Additions, are as well made, when 'tis uſed; becauſe 'tis good for many Diſtem-

Diſtempers, and they may be ſuited to the Occaſion.

A Powder *for* Digeſtion.

TAKE a very large Nutmeg, the ſame weight in Mace, the ſame weight in Aniſeeds, and the weight of all the Ingredients of Angelica-ſeeds; bake all theſe in the middle of a ſmall brown Wheaten-Loaf; when 'tis enough, take out the Spice and Seeds, and beat them to a very fine Powder, with Powder of Crab's-Eyes, and double-refin'd Sugar, of each a like quantity, enough to make the Powder Palatable; take as much as will lie on a Shilling, after every Meal. I have known it wonderfully relieve a windy, ſour, weaken'd Stomach; it muſt be continued a Month or two.

To Candy *any Sort of* Flowers.

TAKE the beſt treble-refin'd Sugar you can get, break it in Lumps, dip them piece by piece in Water; put them in a Silver Sauce-pan, or Baſon, melt them over the Fire; when it juſt boils, ſtrain it through a Muſlin, and ſet it on the Fire again, and let it boil, 'till it draws in Hairs, which you may ſee by holding up your Spoon; then put in the Flowers, of any Sort, and ſet them in Cups, or Glaſſes, and when 'tis of a hard Candy, break it in Lumps, and lay it as high as you pleaſe: Dry it in a Stove, or the Sun, and 'twill look like Sugar-candy.

Thick Ginger-bread.

A pound and half of Flower, takes up one pound of Treacle, almoſt as much Sugar, an ounce of beat Ginger, two ounces of Carraway-ſeeds, four ounces of Citron, and Lemon-peel Candy'd,

Candy'd, the Yolks of four Eggs; cut your Sweet-meats, mix all; and bake it in large Cakes, on Tin-plates.

Wafers.

DRY your Flower, and make it into a thick Batter with Cream, put in Mace very fine beat, a little Sugar to your Taſte; Butter your Irons, and let them be hot, then put in a Tea-ſpoonful of the Batter; ſo bake them with care, and roll them off the Iron, on a ſmall Stick.

A good Sort of Portugal Cakes.

TAKE a pound of new Butter, and ſix Eggs, leaving out two Whites; then work it together with your Hand, 'till the Eggs are perfectly mixt in the Butter; to this put one pound of Loaf-Sugar ſifted, a pound of fine Flower dry'd, half a pound of Currants, a little beaten Mace, mix all together;

Butter the Pans; fill and bake them in an Oven that won't colour a White Paper.

A Carraway-Cake, *without Yeaſt.*

TAKE five pound of Flower, and four pound of Single-refin'd Sugar beat, and finely ſifted, mix this with a pound and half of Carraway-ſeeds; to this Quantity, you muſt take four pound of Butter, which muſt be work'd in eight ſpoonfuls of Orange-flower-Water, 'till 'tis perfectly mix'd, and looks like Cream; break twenty Eggs, but half of the Whites, beat them well; and in beating, add ſix ſpoonfuls of Sack, ſtrew in the Flower, Sugar, and Seeds, by little and little, into the Eggs and Butter, with a pound of Candy'd Citron, Lemon and Orange-peel: Let the firſt fierceneſs of your Oven be over, before you put the Cake in, for fear of ſcorching; for the Oven muſt be hot, and you muſt keep beating your Cake, 'till it goes into

into the Hoop, which muſt be juſt as the Oven is ready.

An excellent Plumb-Pudding.

TAKE one pound of Suet, ſhred very ſmall and ſifted, one pound of Raiſons ſton'd, four ſpoonfuls of Flower, and four ſpoonfuls of Sugar, five Eggs, but three Whites; beat the Eggs with a little Salt: Tie it up cloſe, and boil it four Hours at leaſt.

To make Stone Cream.

TAKE a pint and half of thick Cream, boil in it a blade of Mace, and a ſtick of Cinamon, and ſix ſpoonfuls of Orange-flower-Water, ſweeten it to your Taſte, and boil it 'till thick; then pour it out and keep it ſtirring 'till 'tis almoſt cold; then put in a ſmall ſpoonful of Runnet, and put into your Cups or Glaſſes: Make it three or four Hours before you uſe it; 'tis good.

To

To make Cracknels.

TO a quart of Flower, take a pound of Butter, half a Nutmeg grated, the Yolks of four Eggs beat, with four ſpoonfuls of Roſe-Water; put the Nutmeg and Eggs into the Flower, and wet it into a ſtiff Paſte, with cold Water; then roll in the Butter and make them into ſhape; put them into a Kettle of boiling Water; when they ſwim, take them out with a Skimmer, and put them into cold Water; when they are harden'd, lay them out to dry, and bake them on Tin-plates.

A very good Seed-Cake.

TAKE a quarter of a peck of fine Flower, and dry it before the Fire, with three quarters of a pound of Sugar, beat a quarter of a pound of Almonds, to keep them from Oiling, pour in two ſpoonfuls of Orange-flower-Water, as you beat them, and mix this

this with the Flower and Sugar, put in the full weight of a pound and half of Butter; rub in one half dry, and melt the other in a full pint of Cream; before you begin to mix, put a pint of good Ale-yeaſt, to half a pint of Sack, and let it riſe before the Fire; let your Butter and Cream juſt melt over a gentle Fire, and when 'tis pretty cool, make a hole in the middle of your Flower, and pour in the Cream and Butter, the Sack and Yeaſt, with nine Eggs, leaving out four Whites; beat and ſtrain your Eggs, and mix all well together, and ſet it to the Fire to riſe: When 'tis ready to put into the Hoop, mix in a pound and half of ſmooth Carraways, with half a pound of Citron, Orange and Lemon-peel Candy'd; cut this in long bits, and ſtrew it in the middle of your Cake: You may put more Sweetmeats, and Ice it, if you deſire it very rich.

The

The London-Wigs.

TAKE a quarter of a peck of Flower, put to it half a pound of Sugar, and as much Carraways, ſmooth or rough, as you like; mix theſe and ſet them to the Fire to dry, then make a pound and half of Butter hot over a gentle Fire; ſtir it often, and add to it near a quart of good Milk or Cream; when the Butter is melted in the Cream, pour it into the middle of the Flower, and to it pour a little Sack, and full a pint and half of very good Ale-yeaſt; let it ſtand before the Fire to riſe, before you lay them on your Tin-plates to bake.

Egg Minc'd-Pyes.

TAKE ſix Eggs, boil them very hard, and ſhred them ſmall; ſhred the double quantity of good Suet very fine; put Currants neatly waſh'd and pick'd, one pound or more if your Eggs were large; the Peel of one

one Lemon very fine ſhred, half the Juice, and five or ſix ſpoonfuls of Sack, Mace, Nutmeg, Sugar, and a little Salt; Candy'd Citron, or Orange-peel, if you would have them rich.

An extraordinary Plumb-Cake.

TAKE ſeven pound of fine Flower, and two pound and half of Butter; put the Butter into the Flower; ſeven pound of Currants, and two large Nutmegs, with half an ounce of Mace, and a quarter of an ounce of Cloves, all finely beat and grated; one pound of Sugar, ſixteen Eggs, leaving out four Whites, put in a full pint and half of Ale-yeaſt; warm as much Cream as you think will wet it, and pour Sack to your Cream, to make it as thick as Batter; beat alſo one pound of Almonds, with Sack and Orange-flower-Water; but don't let them be fine, but groſly beat; put in a pound of Candy'd Orange, Lemon and Citron-peel, or more, if you deſire it very rich; mix all and put it into your Hoop, with

with a Paſte under it to ſave the bottom. This was given by one of the niceſt Houſe-wives in *England*; and is as good as ever was made.

Iceing *for the* Cake.

TAKE the Whites of five Eggs, whipt up to a froth, and put a pound of Double-refin'd Sugar ſifted, a grain of Ambergreeſe, and three ſpoonfuls of Orange-flower-Water; whip it all the while the Cake is in the Oven; when it comes out of the Oven, Ice it; but ſet it in no more: Leave out the Perfume, if it be offenſive.

Lemon *or* Chocolate-Puffs.

TAKE half a pound of Double-refin'd Sugar, finely beat and ſifted, grate into it the yellow rind of a very fair large Lemon; then whip up the White of an Egg to a froth, and wet it with this froth, 'till 'tis as ſtiff

as

as good working Paſte, lay it on Papers and bake it in a very ſlow Oven; lay ſome round and ſome long: If you make Chocolate, grate about an ounce as you did the Peel.

Almond-Puffs.

BEAT two ounces of blanch'd Almonds, with a quarter of a pint of Orange-flower-Water, and ſifted Sugar, till they are fine; whip up the Whites of three Eggs, and mix them with Almonds, Sugar, and Orange-flower Water; then add as much ſifted Sugar, as will make it into Paſte; lay it in Cakes, and bake it in a cool Oven.

The Right Dutch-Wafer.

TAKE four Eggs, and beat them very well, then take a good ſpoonful of fine Sugar, one Nutmeg grated, a pint of Cream, and a pound of

of Flower, a pound of Butter melted, two or three ſpoonfuls of Roſe-water, and two good ſpoonfuls of Yeaſt; mix all well together, and bake them in your Wafer-tongs on the Fire. For the Sauce, take grated Cinamon, Sack, and melted Butter, ſweeten'd to your Taſte.

To make Ratafia-Cakes.

TAKE eight ounces of Apricock-Kernels, or if they cannot be had, Bitter-Almonds will do as well, blanch them, and beat them very fine with a little Orange-flower-Water, mix them with the Whites of three Eggs well beaten, and put to them two pounds of ſingle-refin'd Sugar finely beaten and ſifted; work all together, and 'twill be like a Paſte; then lay it in little round Bits on Tin-plates flower'd, ſet them in an Oven that is not too hot, and they will puff up and be ſoon baked.

The Nuns-Bisket.

TAKE the Whites of ſix Eggs, and beat them to a Froth; take alſo half a pound of Almonds, blanch and beat them with the Froth of the Whites of your Eggs as it riſes; then take the Yolks, with a pound of fine Sugar, beat theſe well together, and mix your Almonds with your Eggs and Sugar; then put in a quarter of a pound of Flower, with the Peel of two Lemons grated, and ſome Citron finely ſhred; bake them in little Cake-pans in a quick Oven, and when they are colour'd, turn them on Tins, to harden the Bottoms; but before you ſet them in the Oven again, ſtrew ſome double-refin'd Sugar on them finely ſifted. Remember to Butter your Pans, and fill them but half.

Pancakes, *very Good.*

TAKE a pint of thick Cream, three ſpoonfuls of Sack, and half a pint of Flower, ſix Eggs, (but three

Whites,) one grated Nutmeg, a quarter of a pound of melted Butter, a very little Salt, and ſome Sugar; fry theſe thin in a dry Pan.

To make Good Fritters.

MIX half a pint of good Cream very thick with Flower, beat ſix Eggs, leaving out four Whites, and to the Eggs put ſix ſpoonfuls of Sack, and ſtrain them into the Batter; put in a little grated Nutmeg, Ginger, and Cinamon, all very fine, alſo a little Salt; then put in another half pint of Cream, and beat the Batter near an Hour: pare and ſlice your Apples thin, dip every Piece in the Batter, and throw them in a Pan-full of boiling Lard.

A Spinnage-Tart, *very Good.*

TAKE ſix handfuls of Spinnage, waſh it clean, and dry it, pick it clean from Stalks, and the hard Rib

that goes up the middle of the Leaf, ſhred it extremely fine as 'tis poſſible to be; put to it a pint of grated Bread the lighteſt you can get, a pint of very thick Cream, nine Eggs, (but four of the Whites,) three ſpoonfuls of Orange-flower-Water, a little Salt, and Sugar to your Taſte; it ought to be pretty ſweet: If with your Orange-flower-Water you beat up two ounces of blanch'd Almonds, 'tis an incomparable addition to the Taſte. Garniſh the Brim of your Diſh with Paſte, and lay Slips croſs the Top. Thus you may make *Couſlip-Tart*; but that being not ſo Juicy, will bear beating in a Mortar. Heat it with Care before it be put it into the Diſh.

An Almond-Tart, *very Good.*

TO half a pound of Almonds blanch'd, and very finely beat with Orange-flower-Water, put a pint of thick Cream, two large Naple-Biskets grated, and five Yolks of Eggs, near half a pound of Sugar; put all into a Diſh garniſh'd

with Paſte, and lay Slips in Diamonds croſs the Top; bake it in a cool Oven, and when it comes out ſtick Slips of Candy'd Citron in each Diamond.

To Preſerve Golden-Pippins, *the beſt Way.*

TAKE to a pound of Apples a pound of double-refin'd Sugar, and a pint of clear Spring-Water, ſet it on the Fire; neatly pare the Pippins, and take out the Stalks and Eyes, put them into the Sugar and Water, cover them cloſe, and let them boil as faſt as you can half a quarter of an Hour; then take them off a little to cool; then ſet them on again to boil as faſt and as long as they did before; do this three or four times, 'till they are very clear: Cover them very cloſe, 'till you make the following Jelly for them.

Codlin *or* Pippin-Jelly.

SLICE a pound of Codlins or Pippins into a pint of clear Spring-Water, let them boil 'till the Liquor takes all the Taſte

Taſte of the Fruit; then ſtrain it out, and to a pint of this Liquor take a pound of double-refin'd Sugar boil'd to Sugar again; then put in your Codlin-liquor, boil it a little together as faſt as you can; then put in your Golden-Pippins, boil them up faſt for a little while; juſt before the laſt boiling, ſqueeze in the Juice of a Lemon; boil it up quick once more; take great care they do not loſe Colour: Take the Pippins out, and put them into the Glaſſes with the Jelly. This is the moſt grateful Way that ever was invented to Preſerve them.

To make Raiſon Elder-Wine.

TAKE ſix gallons of Water, and boil it half an Hour; and when 'tis boil'd, add to every gallon of Water five pounds of *Maliga*-Raiſons ſhred ſmall; pour the Water boiling-hot upon them, and let it ſtand nine Days, ſtirring it twice a Day: Boil your Berries as you do Currants for Jelly, and ſtrain it as fine; then add to every gal-

lon of Liquor a pint of Elder-berry-Juice: When you have ſtirr'd all well together, ſpread a Toaſt on both ſides with Yeaſt, let it work a Day and a Night, then put it into a Veſſel, which be ſure to fill as it works over; ſtop it cloſe when it has done working, 'till you are ſure 'tis fine, then bottle it.

Another, very Wholſome.

TO every gallon of pick'd Elder-berries put a full gallon of Water, boil them together 'till the Berries are tender, then ſtrain it off through a fine Sieve; let what will run through, but don't preſs the Berries; to every gallon of the Liquor put two full pounds of good *Lisbon*-Sugar: This ſort for preſent Drinking. What you deſign to keep ſome Years, muſt have two pounds and a half of Sugar; boil the Liquor and Sugar together, and ſcum it clean in the boiling as long as any will riſe; when cool, work it with Yeaſt for a Night and a Day; put it into the Veſſel, and when it has done working, ſtop it cloſe for five or ſix Months;

Bottle

Bottle it then, if fine. This ought to be the conſtant Drink for all Gouty People: If well boil'd and workt, it never ferments in the Bottle or Stomach.

Quince-Wine.

CLEAN the Quinces with a coarſe Cloth, then grate them on large Graters; then ſqueeze them through a Linen-Strainer, to clear it from the groſs thickneſs; then ſqueeze it through a Flannel-Strainer, to clear it from all the Thick that remains: To every gallon of this Liquor put two pounds of ſingle Loaf-Sugar; let it diſſolve, and pour it off ſeveral times, as it ſettles to the bottom; do this a Night and a Day: When 'tis fine, put it into your Veſſel, but don't ſtop it down for a Week, nor Bottle it in ſix Months; then you may, if 'tis perfectly fine; if not, draw it into another Veſſel, and ſtop it up again.

Be ſure to put all *Engliſh* Wines into cool Cellars.

Orange-Wine.

TO ſix gallons of Spring-Water put twelve pounds of ſingle-refin'd Sugar, the Whites of four Eggs well beaten, put theſe to the Water cold; then let it boil three-quarters of an Hour, taking off the Scum as faſt as it riſes: When 'tis cold, put in ſix ſpoonfuls of Yeaſt, and ſix ounces of Syrop of Lemon, beaten together; put in alſo the Juice and Rind of fifty large Oranges thin pared, that no White-part nor any of the Seeds go in with the Juice, which ſhould be ſtrained: Let all this ſtand two Nights and two Days in an open Veſſel, or large Pan, then put it into your cloſe Veſſel, and in three or four Days ſtop it down: When it has ſtood three Weeks thus, draw it off into another Veſſel, and add to it two quarts of Rheniſh or White-wine; then ſtop it cloſe again, and in a Month or Six Weeks 'twill be fine enough to Bottle, and to drink in a Month after.

Birch-

Birch-Wine, *as made in* Suſſex.

TAKE the Sap of Birch freſh drawn, boil it as long as any Scum ariſes; to every gallon of Liquor put two pounds of good Sugar; boil it half an Hour, and ſcum it very clean; when 'tis almoſt cold, ſet it with a little Yeaſt ſpread on a Toaſt; let it ſtand five or ſix Days in an open Veſſel, ſtirring it often; then take ſuch a Cask as the Liquor will be ſure to fill; and fire a large Match dip'd in Brimſtone, and put it into the Cask, and ſtop in the Smoak, 'till the Match is extinguiſh'd, always keeping it ſhook, then ſhake out the Aſhes, and as quick as poſſible pour in a pint of Sack or Rheniſh, which Taſte you like beſt, for the Liquor retains it; rince the Cask well with this, and pour it out: Pour in your Wine, and ſtop it cloſe for ſix Months, then, if 'tis perfectly fine, you may bottle it.

Black-

Black-Cherry-Wine.

BOIL ſix gallons of Spring-Water one Hour, then bruiſe twenty-four pounds of Black-Cherries, but don't break the Stones; pour the Water boiling-hot on the Cherries, ſtir the Cherries well in the Water, and let it ſtand twenty-four Hours; then ſtrain it off, and to every gallon put near two pounds of good Sugar, mix it well with the Liquor, and let it ſtand one Day longer; then pour it off clear into the Veſſel, and ſtop it cloſe: Let it be very fine before you draw it off into Bottles.

Sage-Wine, *very Good.*

TO twenty-eight pounds of *Malaga*-Raiſons, pick'd and ſhred, have twenty-eight quarts of Spring-Water well boil'd, but let it be cool as Milk from the Cow before you pour it on the Raiſons; then put in half a Buſhel of

of Red-Sage groſly ſhred; ſtir all together, and let it ſtand ſix Days, ſtiring it very well every Day, and cover it as cloſe as you can; then ſtrain it off, and pour it into your Veſſel; it will ſoon be fine, but you may add two quarts of Sack or White-wine to fine it: Raiſons of the Sun will do as well as *Malaga*, if they cannot be had.

Cherry-Wine, *as in* Kent.

WHEN your Red-Cheries are full ripe, ſtrip them from the Strigs, and ſtamp them, as Apples, 'till the Stones are broke, then put it into a Tub, and cover it up cloſe for three Days and Nights; then preſs it in a Syder-preſs, and put your Liquor again into a Tub, and let it ſtand cloſe cover'd two Days more; then take off the Scum very carefully, for fear of joging, and pour it off the Lees into another Tub, and let it ſtand to clear two Days more, then ſcum and pour it off, as before. If your Cherries were full ripe and ſweet, put only a pound and a half

a half of good Sugar to each gallon of Liquor; ſtir it well together, and cover it cloſe, and ſtir it no more 'till the next Day, then pour it carefully off the Lees, as before; let it ſtand again, and do the ſame the next Day into the Veſſel you keep it in: You may repeat this oftner, if you ſee the Lees are groſs, and like to make it fret. When 'tis ſettled, ſtop it up 'till ſeven or eight Months are paſt; then, if 'tis perfectly fine, bottle it; if not, draw it off into another Veſſel, and ſtop it up as much longer: 'Twill keep Seven Years, if Bottl'd fine, and had not beſt be drank 'till 'tis a Year old. Our *Engliſh* Wines want only Age, to equal, if not exceed all Foreign Liquors.

Raſberry-Wine, *very Good.*

TO every quart of Fruit, you muſt pour, boiling-hot, a quart of Water; cover it very cloſe, and let it ſtand twenty-four Hours; then ſtrain it, and to three quarts of Liquor put two pounds of good Sugar; ſtir it together, and

and ſpread a Toaſt with Yeaſt; ſet it to work, and pour it off the Lees; put it into your Veſſel, and when it has quite done working, ſtop it up: If 'tis fine in ſix or ſeven Months, you may Bottle it, and keep it a Year in Bottles.

Note, You muſt at firſt watch all Wines: And if you find them Fret, continue to Fine them off the Lees every Day, for ſome Time, as faſt as any Settles.

White Mead, *very Good.*

TO every gallon of Water put a pint of Honey, and half a pound of Loaf-Sugar; ſtir in the Whites of Eggs beat to a Froth, and boil it as long as any Scum ariſes: When 'tis cold, work it with Yeaſt, and to every gallon put the Juice and Peel of a large Lemon: Stop it up when it has done working, and Bottle it in ten Days.

To

To make Apricock-Wine, *Incomparable.*

TO two gallons of Spring-Water take eight pounds of ripe Apricocks, ſlice them into the Water, and add to both five pounds of Loaf-Sugar; let all boil, and be nicely ſcum'd as faſt as it riſes, but let it boil ſome time before you begin to ſcum; take your Scum off into a clean Sieve, and ſet it in a Pot, to ſave what Liquor comes from it: When the Wine is clear as you can make it from the Droſs of the Sugar, pour it hot upon the Kernels, which muſt be crack'd, and put, with the Shells, into the Pan you deſign the Liquor to cool in; ſtir it together, and cover it 'till cool, then work it with a Toaſt and Yeaſt; and in two or three Days, when 'tis ſettled, fine it off into your Veſſel; let it work as long as it will: When it has done working, pour in a Bottle of Rheniſh or ſmall White-wine, and ſtop it up for ſix Months; then, if very fine, Bottle it, and keep it a Twelve-month longer.

Damſon-

Damſon-Wine.

TO every gallon of Water put two pounds and a half of Sugar, which you muſt boil and ſcum three-quarters of an Hour; and to every gallon put five pints of Damſons ſtoned; let them boil 'till 'tis of a fine Colour, then ſtrain it through a fine Sieve; work it in an open Veſſel three or four Days, then pour it off the Lees, and let it work in that Veſſel as long as it will; then ſtop it up for ſix or eight Months, when, if fine, you may Bottle it: Keep it a Year or two in Bottles.

Cowſlip *or* Marigold-Wine.

TO every gallon of Water take two pounds and a half of Sugar, boil this an Hour, and Scum it very well, and pour it boiling-hot upon the Yellow Tops of either ſort of Flowers: To every gallon of the Liquor put half a peck of Flowers nicely cut; let this ſteep all Night, and to each gallon ſqueeze in

two

two or three Lemons, with a piece of Peel cut thin: When theſe have ſteep'd a Night and a Day, work it with a Toaſt and Yeaſt: When you put it in your Veſſel, pour it from the Settlement; and when it has work'd as long as it will, pour into every gallon one pint of Rheniſh or White-wine. If 'tis fine in ſix Months, you may Bottle it, but 'tis beſt to drink at three or four Years old. Either Sort is Cordial, Wholſome, and Pleaſant.

To Improve Syder, *and make it perfectly Fine.*

WHEN 'tis firſt made, put into a Hogs-head ſix ounces of Brimſtone in the Stone to Colour it; put a gallon of good *French*-Brandy highly tinctur'd with Cochineal; beat one pound of Allum, and three pounds of Sugar-candy fine, and put it in when you ſtop it up: When 'tis fine, Bottle it, which will be in ſix Months, This great Secret is ſucceſsfully practis'd by the *Herefordſhire* Artiſts.

To

To make Beer, Wine, *or any Liquor, Fine.*

SET your Veſſel on two Boards the whole length of the Barrel, and lay upon theſe Boards a large quantity of Bay-ſalt, ſo that the Barrel may be fix'd in the Salt; let it ſtand thus one Fortnight, and 'twill be perfectly Fine, tho' full of groſs Lees before. This certainly clears any Liquor better than Iſinglaſs, and is neater, becauſe 'tis only laid to the Out-ſide of the Veſſel. Pray try before you deſpiſe it, and lay a little under any made Wines at firſt; for if they Fret before they Fine, the Wine is never Good.

To make Milk-Punch

TO two quarts of Water put two quarts of good *French*-Brandy, a dozen and a half of Lemons, three-quarters of a pound of double-refin'd Sugar, and three pints of New Milk;

mix all together, and ſtrain it through a Jelly-bag; put it up often, 'till it looks perfectly clear and fine. You muſt make it a Day or two before you uſe it; for it will not keep long Bottled.

To make Strong Mead.

TO four gallons of Water put eighteen pounds of Honey; beat the Whites of four Eggs, ſtir then in with the Honey 'till it be all melted; ſcum it well as long as it boils, and be ſure it boil an Hour and a half: If you like the Taſte, you may put a ſprig of Roſemary in the boiling: When it is cold, work it with a Toaſt ſpread with Yeaſt; and when you put it into the Veſſel, hang therein one Nutmeg, the weight of that in Mace, and the ſame quantity in Cloves, with four Races of Ginger, in a bit of Muſlin; the Spice muſt be beaten: put in the Peel of two Lemons. When it has done working, ſtop it up, and let it ſtand ſix Months before you Bottle it.

To make Gooſe-berry-Wine.

TO four pound of Gooſe-berries full ripe put a quart of Water, and to every gallon of Water put four pound of Sugar; bruiſe the Gooſe-berries well, and let them ſtand in the Water two Days, ſtirring it twice or thrice a Day, and then ſtrain it through a fine Hair-bag; then put in the Sugar, and ſtir it very well 'till it is melted: When it is well mix'd, cover it, and let it ſtand a-while; then ſtrain it through a Flannel Bag into the Veſſel: When it has done working, ſtop it cloſe, and let it ſtand ſix Weeks, or two Months, and if fine, Bottle it.

Nothing of Braſs muſt be us'd about any Wine.

To make Elder-flower-Wine.

TO twelve gallons of Water put thirty pounds of ſingle Loaf Sugar, boil it 'till two gallons be waſted, ſcuming it well; let it ſtand 'till it be as

cool as Wort, then put two or three ſpoonfuls of Yeaſt; when it works, put in two quarts of Bloſſoms, pick'd from the Stalks, ſtirring it every Day 'till it has done working, which will not be under five or ſix Days; then ſtrain it, and put it into the Veſſel: After it is ſtopt down let it ſtand two Months, and then, if fine, Bottle it.

To make Ratafia.

TO every gallon of Brandy put a quart of the beſt Orange-flower-Water, and a quart of good *French* White-wine; you muſt alſo take care your Brandy be right and good; to each gallon of Brandy you muſt likewiſe put four hundred Apricock-Stones, and a pound and a quarter of White Sugar-candy; juſt crack the Stones, and put them in, Shells and all, into a large Bottle, which may be very cloſe ſtopt, and ſeal'd down; let it ſtand in the Sun for ſix Weeks; take it in every Night, and in wet Weather, and ſhake it when you take it in, or ſet it out: After this is done, you muſt let it ſtand

ſtand to ſettle, and rack it off 'till 'tis perfectly fine.

Cinamon-Water, *very Good.*

IN two gallons of extraordinary Brandy ſteep a pound of good Cinamon bruiſed, there let it lie three or four Days; then put it into your Limbeck, with two quarts of Cold-ſtill'd Plantain-water; you may draw as much off as you put in; and with a quart of the Smalleſt boil up two pound and an half of double-refin'd Sugar: When 'tis cold, mix all together for your Uſe: 'Tis a noble Cordial.

A Cordial Orange-Water.

TAKE three quarts of good Brandy, and the Rinds of a dozen and a half of Oranges, pare them very thin, that none of the White go in, let them ſteep in the Brandy three Days and Nights cloſe ſtopt; then take five pints

of Fair-Water, and a pound and a half of double-refin'd Sugar: Boil this Syrop half an Hour, and ſcum it as any riſes; then ſtrain it through a Jelly-bag, and let it ſtand 'till cold; then mix it with the Brandy, which muſt be firſt pour'd from the Peels, and ſettled: Keep it for Uſe.

Thus you may do *Lemons*, which is a pleaſanter Cordial.

To make Citron-Water.

TAKE Citrons and pare off the outward Rinds half a Finger thick, ſlice 'em thin; and take the Citron Kernels, ſlice them in as you think fit; put as much good Sack as will cover them over the top; put all into a Stone-Jug, and ſtop it very cloſe; let it ſtand in a Cellar five Days, then diſtil it in a Glaſs-Still; let it run into a Bottle wherein is fine Sugar-candy in Powder and Ambergreeſe: Draw off in ſeveral Runnings, and mix it as you like.

To

To make Spirit of Clary.

TAKE a gallon of good Sack, a pint of the Juice of Clary, a pound of Clary-flowers, as many Clove-July-flowers, and half as many Arch-angel-flowers, as many Comfry-flowers, and as many Flowers of Lillies of the Valley; let theſe ſteep in the Sack all Night, then put it into a Glaſs-Still; the ſofter it diſtils, the ſtronger 'twill be: You muſt have great care to keep in the Spirits, by paſting the Still every-where; let it drop through a Bag of good Ambergreeſe upon as much ſifted White Sugar-candy as you think will ſweeten it. 'Tis a very high Cordial.

To make Spirit of Carraways.

TO a quart of true Spirit of Sack put two pounds of good ſmooth-ſugar'd Carraways, bruiſe them, and put them into a Bottle, with a grain of the beſt Ambergreeſe; pour the Spirit on them, and ſeal the Cork very

cloſe; ſet it in the Sun for a Month; ſtrain it off, and keep it always cloſe ſtopt for Uſe. One Spoonful does often give Eaſe in the Cholick.

A Cordial Black-Cherry-Water, *very Good.*

TAKE two quarts of ſtrong Claret, and four pounds of Black-Cherries full ripe, ſtamp them, and put them to the Wine, with one handful of Angelica, one handful of Balm, and as much Carduus, half as much Mint, and as many Roſemary-flowers as you can hold in both your Hands, three handfuls of Clove-July-flowers, two ounces of Cinamon cut ſmall, one ounce of Nutmegs; put all theſe into a deep Pot, let them be well ſtirred together, then cover it ſo cloſe that no Air can get in; let it ſtand one Day and a Night; then put it into your Still, which you muſt alſo paſte cloſe; and draw off as much as runs good; ſweeten it with Sugar-candy to your Taſte. 'Tis good in any Melancholy, or for the Vapours.

A very

A very Rich Cherry-Cordial.

TAKE a Stone-Pot that has a broad Bottom, and a narrow Top, and lay a Layer of Black-Cherries, and a Layer of very fine powder'd Sugar; do this 'till your Pot is full: Meaſure your Pot, and to every gallon it holds put a quarter of a pint of true Spirit of Wine. You are to pick your Cherries clean from Soil and Stalks, but not waſh them. When you have thus fill'd your Pot, ſtop it with a Cork, and tie firſt a Bladder, then a Leather over it; and if you fear it is not cloſe enough, pitch it down cloſe, and bury it deep in the Earth ſix Months, or longer; then ſtrain it out, and keep it cloſe ſtopt for your Uſe. 'Twill Revive, when all other Cordials fail.

A COLLECTION OF RECEIPTS IN *Phyſick* and *Surgery.*

Strong Palſey-Water.

TAKE the Spirits of five gallons of the beſt Old Sherry-Sack, diſtill'd in a Limbeck: Take Cowſlip-flowers, the Flowers of Burrage and Bugloſs, and of the Lillies of the Valley, of each one handful: Take alſo Roſemary-flowers,

flowers, Sage and Betony-flowers, of each one handful: Take each Flower in their Seaſon, and ſo put into ſome of the Spirits aforeſaid, in an open-mouth'd Glaſs of near a quart, for that will hold them all, with the Spirits, 'till you are ready to diſtil the Water; but this, and the reſt of the Spirits, muſt be moſt carefully ſtopt 'till you uſe it: Take Lavender-flowers in their Seaſon, ſtrip them clean from their Stalks, and fill a wide-mouth'd gallon Glaſs with them; pour into them the remainder of your Spirits; then ſtop them cloſe with Cork and Bladder, (as before) and let them ſtand ſix Weeks to digeſt in the Sun; then put all together, theſe and the firſt ſteep'd Flowers, with all the Spirits in both Glaſſes: Add alſo Balm, Motherwort, Spike-flowers, Bay-leaves, and Orange-leaves, if to be had, of each an ounce, cut ſmall, and put to the former Flowers and Spirits: Diſtil all theſe together in a Limbeck; make three Runnings of it; firſt a quart Glaſs, which will be exceeding ſtrong; then a pint Glaſs, which will be almoſt as good; laſtly, receive from it a pint Glaſs-full, or as much as runs

ſtrong;

ſtrong; for when it runs weak, which you may know by its Taſte and Colour, which will be Whiter, let it run no longer: Put your three Runnings all together: Then take Citron-peel, the out-ſide Yellow Rind, or Lemon-peels thin pared, alſo Pine-ſeeds hull'd, of each ſix drams; of Cinamon one ounce; of Nutmegs, Mace, Cardamoms, Cucubies, and Yellow Sanders, each half an ounce; of Lignum Aloes one dram; make all theſe into a groſs Powder, putting among them alſo half a pound of Jujubes new and good, being ſtoned, and cut ſmall: Put all theſe Ingredients into a White Sarſnet-bag, to be hung in the Water aforeſaid: Take alſo of Prepared Pearls two drams; of Prepared Smaragd a ſcruple, Amber, Greate, Musk, and Saffron, of each one ſcruple; of Red Roſes well dried and ſweet one ounce: Theſe may be put in a little Bag by themſelves, and hung in the Spirit, as the other: Cloſe it well, that no Air gets in, for ſix Weeks; then take out the Water, and preſs the Bags dry; keep the Water in narrow-mouth'd Glaſſes cloſe ſtopt.

The

The Uſe of the Water.

'Tis ſo ſtrong and powerful, that it cannot be taken alone, but muſt be dropt on Crumbs of Bread and Sugar by any One, for Prevention: Take it firſt and laſt, and at Four in the Afternoon: Faſt always before and after it a full Hour at leaſt. 'Tis of exceeding virtue in all Swoonings, Weakneſs of Heart, and Decay'd Spirits, in all Palſeys, Apoplexies, both to help in, and prevent a Fit; 'twill alſo keep all Cold Diſpoſitions off the Liver, reſtores loſt Appetite, and fortifies and ſtrengthens the Stomach; 'twill alone cure a Dropſy, if taken at firſt, and the Patient be kept from Small and Cooling Liquors.

A ſecond Palſey-Water, *made upon the Ingredients of the firſt.*

WHEN the firſt Water has run what is Strong, there will be ſome Small Water at the bottom of the Limbeck; pour it out from the Herbs and Flowers, and drain them; put them into

into a gallon of the beſt Sherry, ſo let them ſtand cloſe ſtopt five Weeks; then diſtil them, and let it run as long as it continues ſtrong; then pour it into the Glaſs where the Sarſnet-bags are, and let them be in this ſecond Liquor cloſe ſtopt ſix Weeks; then you may uſe it, as the former, with Bread and Sugar: For tho' this is not ſo powerful as the former, 'tis too ſtrong to take alone. Both theſe are good to bathe Outwardly the Part affected with Weakneſs by Palſey, and generally helps any violent Pains or Aches that any Part is vexed with; but becauſe Bathing waſtes moſt, and this ſort is leſs coſtly, they commonly uſe this ſecond ſort for that.

A very good Snail-Water, *for a* Conſumption.

TAKE half a peck of Shell-Snails, wipe them and bruiſe them Shells and all in a Mortar; put to them a gallon of New Milk; as alſo Balm, Mint, Carduus, unſet Hyſſop, and Burrage, of each one handful; Raiſons of

of the Sun ſtoned, Figs, and Dates, of each a quarter of a pound; two large Nutmegs: Slice all theſe, and put them to the Milk, and diſtil it with a quick Fire in a cold Still; this will yield near four Wine-quarts of Water very good: You muſt put two ounces of White Sugar-candy into each Bottle, and let the Water drop on it; ſtir the Herbs ſometimes while it diſtils, and keep it cover'd on the Head with wet Cloths. Take five ſpoonfuls at a time, firſt and laſt, and at Four in the After-noon.

A Good Water *for the* Spleen; *a Cordial.*

TAKE four ounces of Harts-horn, one ounce of Cardamoms, one ounce of Cinamom, one ounce of Saffron, two handfuls of Red Sage, as much Balm; ſteep theſe twenty-four Hours in two quarts of Sack, or as much good Brandy, which you pleaſe; diſtil it in a cold Still as quick as you can, and let it drop on four ounces of Sugar-

Sugar-candy. Drink of this when Low-ſpirited.

A Good Water *for the* Stone.

TAKE four quarts of White-Thorn-flowers, infuſe them in two quarts of ſtrong White-wine, with two ounces of Nutmeg ſliced; let theſe ſtand two Days, then diſtil it in a cold Still. Drink it with Sugar, or without, as you like beſt.

A Drink *for any* Inward Bruiſe *or* Wound.

TAKE one handful of each of the Herbs following, *viz.* Wormwood, Comfrey, Throatwort, Wood-Betony, Plantain, Mugwort, Bonewort, Scabious, Avens, Wild Hony-ſuckle, Egremony, Bramble-buds, Cinquefoil, Spearmint, Senacle, White-bottle, Ribwort, Daiſy-roots, Dandelion, Bugloſs, Hauthorn-buds: Put to theſe Herbs two

quarts of White-wine, and a gallon of running Water, and boil it 'till it be half waſted; then ſtrain it, and add to it a quart of Honey; let that boil in the Liquor ſome time: When 'tis cold, Bottle it very cloſe, and keep it for Uſe. 'Twill keep many Years, and is neceſſary for all Families; two or three ſpoonfuls of it taken Morning and Night. 'Tis really good for Sores, Wounds, and Hurts New or Old, in Men, Women, and Children: Its Virtues of that kind are too long to mention: It has broke and brought away Inward Impoſthumes.

An Excellent Balſom.

TAKE a quart of Spirit of Sack, infuſe in it four ounces of Sarſaparilla cut ſhort, two ounces of *China* ſliced thin, one ounce of *Virginia* Snakeweed cut ſmall; put all theſe in a two-quart Bottle, and ſet it in the Sun, ſhaking it twice or thrice a Day, 'till the Spirit be tinctur'd as Yellow as Gold; then clear off the Spirit into another Bottle, and

and put to it eight ounces of Gum-Guaice; ſet it in the Sun, as before, ſhaking it very often, 'till all the Gum be diſſolv'd, except Dregs, which will be in ten or twelve Days; then clear it a ſecond time from the Dregs, and put to it one ounce of Natural Balſom of *Peru*; ſhake it well together, and ſet it in the Sun for two Days; then put in one ounce of Balm of *Gilead*; ſhake all well together once more, and ſet it in the Sun for a Fortnight; 'tis then fit for Uſe, and will keep many Years. Its Virtues are too long to inſert: 'Tis good to take Inwardly in moſt Diſtempers, and proper for all Sores or Wounds, by pouring in ſome Drops, and binding Lint thereon. The Doſe, taken Inwardly, is from half a ſpoonful to a whole one, in Sugar, or any Liquid Vehicle, for Conſumptions, or any Inward Ulcer: Uſe moderate Exerciſe with it.

An Oyl *for any* Bruiſe *or* Wound.

TAKE of the tender Tops of the Bay-Tree, Red-Sage, Lavender, Wormwood, Plantain, Rue, Tormentil, Scabious, Comfrey, Broom, Rape, Oſman-royal, Southernwood, Camomil, Charity, St. John's-wort, Solaman-ſeal, Amber, Roſemary, Adders-ſpear, Golden-Rod, Herb-Robert, Ground-pine, Sanicle, and Bugle, of each one handful; ſhred all theſe very ſmall, and infuſe them in one quart of Oyl-Olive, and three pints of Neat-Oyl; ſtop them cloſe in a Glaſs Veſſel, and let them ſtand ten or twelve Days in the Heat of the Sun; ſtir them every Night when you take them in: After this, boil it over a gentle Fire 'till the Oyl is Green; then ſtrain it clear from the Herbs, and add to the Oyl again, half a handful of the Herbs, as before, ſhred, with one ounce of Oyl of Turpentine, One ounce of Natural-Balſom, and one ounce of Oyl of Worms: Digeſt all in the Sun, as before; boil and ſtrain it, and keep it cloſe ſtopt for Uſe. It muſt be made in *May*.

A Salve

A Salve *for the* King's-Evil.

TAKE one pint of the beſt Sallad-Oyl, four ounces of Red-Lead finely powder'd, as much White-Lead, one ounce of Bees-Wax thinly ſliced, of Frankincenſe and the beſt Maſtick each one ounce, of *Burgundy*-Pitch two ounces; let all be beaten; boil the Oyl and Leads ſome little time together over a gentle Fire; keep the Oyl ſtiring while you add the Wax; then boil theſe together for half an Hour, ſtiring it conſtantly: Take it off the Fire, and ſtir it 'till the Heat is abated; then add your Maſtick, and keep it from the Fire 'till it has done working: Boil it gently again, and put in your Frankincenſe, ſtirring it off the Fire, as you did before: Set it on again, and then add the *Burgundy*-Pitch, as before, with Care; then boil all together, 'till it look like Pitch; ſtir it 'till Cold: Leave your Stick in the Middle, and the next Day ſet it on the Fire to melt the Edges; then take it out, and keep it in an Oyl'd-Paper for Uſe. Let the

Party afflicted ſpread a Plaiſter as big as the Swelling is, and apply: If it gather to a Head, and break, after you have waſh'd the Wound with warm Vinegar, apply ſome Lint rolled in an equal quantity of the Salve warm'd, and Honey; ſpread a Plaiſter of the Salve, and when the Corruption is out, that will heal it. 'Tis Incomparable, and ſafely may be uſed for any Swelling.

A Drink *for the* Evil.

TAKE of White Arch-angel two handfuls, of Outlandiſh Sweet Fennel-ſeed bruiſed one ounce, of Licoriſh one ounce; boil theſe together in two Wine-quarts of Spring-water; ſtop it cloſe 'till half be conſumed: When cold, ſtrain it from the Ingredients; add to the Liquor two ounces of Damask-Roſes: Let the Party drink of this Liquor Spring and Fall, five, ſeven, or nine Days together, as you beſt find it agree, three times in the Day, a quarter of a pint Firſt and Laſt, and at Four in the Afternoon.

A Drink

A Drink *for the* King's-Evil, *and* Cancer.

TAKE Guaiacum one ounce, Saſſafras, Sarſaparilla, Sharp-pointed-Dock, and Daiſy-Roots, of each half an ounce; Arch-angel-Flowers, and Millepedes, of each two large ſpoonfuls; Ground-Ivy, and Herb-Robert, of each one handful: Bruiſe and ſhred all theſe Ingredients, and put them to ſteep one Night in three pints of good clear New Ale; ſtrain it, and drink no other Drink for ſix Weeks, Spring and Fall. You may do a larger quantity at a time for Man or Woman; but you muſt not infuſe too much at a time, becauſe the Herbs are apt to change it. At the ſame time, if the Swellings are painful, anoint with *Juice of Rue*, prepared as follows.

An Ointment *for the* Swellings *in the* King's-Evil.

TAKE two ſpoonfuls of Juice of Rue, as much Sallad-Oyl, beat them well together; then ſet it over

the Fire, and let it boil ſlowly half an Hour; add two ounces of Bees-wax, let it boil a little with this: Pour it out, and keep it cloſe cover'd. 'Tis an Incomparable Ointment to uſe all the time you take the Diet-Drink.

A Milk-Water *for* Cancer *or* King's-Evil, *for thoſe that cannot drink an Infuſion.*

TAKE Roots of Daſies, Burdock, Guaiacum, Saſſafras, Sarſaparilla, China, Tormentil, and Hounds-tongue, each two ounces; Selandine, Yarrow, Plantain, Herb-Robert, Agrimony, Speedwel, Ground-Ivy, and Cinque-foil, of each a large handful; Arch-angel-flowers one pint; Sweet-fennel, and Coriander-ſeeds, of each one ounce: Shred and bruiſe all, and put them to a gallon of Milk: Draw off as much as runs good, and drink daily a quarter of a pint every four Hours: Into each Draught ſqueeze the Juice of a ſmall ſpoonful of Millepedes.

An Ointment *for the* Evil, *or* Rickets.

TAKE Leaves of Oſmond-royal, St. John's-wort, Wormwood, Centaury, White Hore-hound, Germander, Ground-Pine, Golden-Rod, Carduus, Southernwood, Camomil, Tanſy, Penny-royal, Sage, Mint, Rue, Lillies of the Valley, Angelica, Meadow-Saxifrage, of each one ounce; ſhred it ſmall, and add of Oyl one quart; Deer-ſuet, and Claret, of each one pint; Mace one ounce: Boil theſe 'till all the Watery-part is conſumed: Strain it, and anoint the Belly and Joints with it all the Spring and Fall. This has done great Cures on Weakly Children.

For a Strain.

PUT the Arm or Leg into a Pail of Cold Spring-water, and keep it there 'till the Water be warm; then take it out, and repeat it 'till it be well, which it will be without applying any other Remedy.

A Good

A Good Powder *for* Worms.

TAKE an ounce of Worm-ſeed, and half an ounce of Rhubarb, beat both to a fine Powder, and take a quarter of an ounce of Powder of Prepar'd Coral; mix all three together, and let the Child take as much of this as will lie on a Shilling, for three Mornings together, drinking a glaſs of ſmall warm Ale after each Doſe.

Another Powder *for the* Worms.

TAKE an ounce of Sena, a quarter of an ounce of whole Worm-ſeed, a quarter of an ounce of Tanſy-ſeed, a quarter of an ounce of Annis-ſeed, a few Leaves of Wood-Betony; dry all theſe, and beat them together very fine; mix it into a Bolus with Syrop of Turnips. A Child of Nine Years old may take a quarter of an ounce of this Mixture; ſo leſs, or more, for any other Age. Drink Water-gruel or Poſſet-drink in the working. 'Tis good for Men or Women, as well as Children.

For

For Worms.

BRUISE a pound of Worm-ſeed, and put it into a large Still full of Spear-mint; draw it off as long as it runs Good: Let the Child drink three ſpoonfuls of this Nine Mornings together.

For the ſame.

ONE drop of Oyl of Brimſtone in a little warm Ale, for three Mornings together. Do not exceed one Drop for a Child; three is enough for a Man or Woman.

For the ſame.

TO four pounds of the Husks of Wall-nuts put half a pound of Worm-ſeed, and as much Flower of Brimſtone: Draw it off in a Cold Still, and let a Tea-cup be taken every Morning, for a Month. 'Tis an Excellent Medicine for *Worms*, or *Jaundice*, and has done great Cures.

For

For the ſame.

TAKE one handful of Spear-mint, as much Plantain, as much Goats-Rue, a ſpoonful of Plantain-ſeeds: Stamp all together, and ſqueeze out the Juice, and take two ſpoonfuls of it in a glaſs of Sack, three Mornings together.

For the ſame; well recommended.

HUSK and Dry an ounce of *Sevil*-Orange-ſeeds, beat them to a fine Powder, and give as much as will lie on a Sixpence, in a ſpoonful of Syrop of Peach-bloſſoms: At the ſame time, bind the Leaves of the Peach-Tree to the Navil of the Child. If you have no Syrop of Peach-bloſſoms, uſe Syrop of Black-cherries.

The Red Powder, *for* Fevers, Small-pox, *or* Surfeits.

TAKE of Carduus, Rue, Red-Sage, Lillies of the Valley, Tormentil, Pimpernel, Dragon, Betony, Angelica, Scabious,

Scabious, Speedwel, of each one handful; *Virginia*-Snake-weed one handful; Wormwood half a handful; Agrimony and Verum, of each a quarter of a handful: Shred the Herbs very ſmall, and Infuſe them in two quarts of White-wine, in a Jug, which you muſt ſtop very cloſe, and ſet nine Days in the Sun: Then ſtrain the Wine from the Herbs, and infuſe the ſame quantity of the freſh Herbs in the ſame Wine; let it ſtand, as before, nine Days more: Then take a pound of Bole-armoniac finely powder'd; then put as much of the Wine (after it is a ſecond time preſſed out) as the Powder will take up, and ſet it in the Sun to dry; and as it dries up, put in more of the Wine, ſtirring it two or three times a Day, 'till all the Wine be dried up in the Powder, ſo as to be fit to work like Paſte: Then put to it one ounce of Diaſcordium, and one ounce of Methridate, half an ounce of Cochineal, one ounce of Powder of Red Coral, one ounce of Prepar'd Saffron, forty grains of Bezoar, one ounce of Powder of Crabs-eyes, one ounce of Burn'd Harts-horn, and one ounce of

Prepar'd

Prepar'd Pearl; mix theſe in the laſt Wetting, and work them all together: Make them up in Balls, (when well mix'd) and dry them in the Sun. Take forty or fifty grains of this for a Doſe. Drink Mace-Ale after it.

Of Gaſcoign Powder, *a good Sort for the ſame Uſes.*

TAKE Prepar'd Crabs-eyes, Red Coral, White Amber very finely powder'd, of each half an ounce; Burnt Harts-horn half an ounce, one ounce of Pearls very finely powder'd, one ounce of Oriental Bezoar, of the Black Tops of Crabs-claws finely powder'd four ounces; grind all theſe on a Marble-Stone 'till they caſt a Greeniſh Colour; then make it into Balls with Jelly made of *Engliſh* Vipers-Skin, which may be made and will Jelly like Harts-horn.

A very

A very good Powder *for a* Dizzineſs in the Head, *and to Prevent* Apoplectick Fits.

TAKE the Seeds and Roots of Single Piony of each a like quantity, dry and beat them ſeverally into a fine Powder; take the weight in Nutmeg, which you muſt beat, and dry, and beat again; mix fine-ſifted Sugar, and take as much as will lie on a Shilling every Morning for a Month conſtantly.

A Powder *to Stop a* Hickock *in Man, Woman, or Child.*

PUT as much Dill-ſeed finely powder'd as will lie on a Shilling, into two ſpoonfuls of Syrop of Black Cherries, and take it preſently.

An

An Excellent Powder *for* Convulſion-Fits.

TAKE two drams of Piony-roots, Miſſletoe of the Oak one dram; Prepar'd Pearl, White Amber Prepar'd, and Coral Prepar'd, of each half a dram; Bezoar two grains, and five leaves of Gold; make all theſe into a very fine Powder, and give as much of it as will lie on a Three-pence to a Child of a Month old, and proportionable to a bigger: Mix it up with a ſpoonful of Black-cherry-Water, which ſweeten with the Syrop of Black-Cherries: Take it three Days together at every Change of the Moon, to prevent Returns.

A Powder *for* Digeſtion.

TAKE Gallingale and Setwal of each one ounce; Long-Pepper, Mace, and Nutmeg, of each two ounces; Annis-ſeeds, Carraway-ſeeds, Fennel-ſeeds, and Angelica-ſeeds, of each

each half an ounce: Put to theſe, all finely powder'd, the weight in fine powder'd Sugar; take as much as will lie on a Shilling after every Meal, and Drink a glaſs of Simple Carduus-Water after it: This has done mighty Cures to weak deprav'd Stomachs.

A Preſent Remedy for Convulſion Fits.

MAKE a Draught of an equal quantity of Piony and Simple Black-Cherry-Water; and for a Man put thirty, for a Woman twenty, for a Child five drops of Spirit of Hart's-horn; Drink this in or before a Fit.

Another for the ſame.

INFUSE Turnips in a Pot cloſe ſtopt, and ſet into a Kettle of Water, 'till they are tender enough to ſqueeze; then take the Liquor clear from them, and take three ſpoonfuls of it, in one ſpoonful of rich Old *Mala-*

ga: It has Cured the Falling-Sickneſs in grown-up People; but is almoſt Infallible for Children.

A Syrop *for* Convulſion Fits.

TAKE one pint of ſmall Black-Cherry-Water, two pounds of Black Cherries, bruiſe them Stones and all in a Mortar; put theſe with the Water into a Jug, with two blades of Mace, and four tops of Spear-mint; ſtop the Jugg cloſe, and ſet it into a Kettle of Water: Let it ſimper three Hours over the Fire, then ſtrain it out, and let it be boil'd to a Syrop, with a full pound and half of *Lisbon* Sugar to each pint of that Liquor.

For Convulſions *or* Vertigo.

TAKE one ounce of Juniper-Berries, two ounces of freſh *Sevil* Orange-peel, Male-Piony-roots three ounces, Peacocks Dung ſix ounces, Sugar-

gar-Candy half a pound; Infuſe theſe in two quarts of Rheniſh, for twenty-four Hours, in hot Aſhes; then let it ſettle, and take two ſpoonfuls of this in a glaſs of Angelica-Water: It has done great Cures.

A Strong Milk-Water.

TAKE Mint, Sage and Balm, of each two good handfuls, Rue, Carduus, Wormwood, and Meadow-ſweet of each one handful; chop theſe Herbs together, and put them with four quarts of New Milk, and a whole Nutmeg ſlic'd, into a Copper Limbeck; from this Quantity you may draw two quarts, if you keep an even ſlow fire, 'till that Quantity is drawn off: When you have drawn off what you deſign, mix it all together, for the Uſe of any Feveriſh or Conſumptive Perſon.

The Barley Cinamon-Water.

PUT two pounds of Pearl Barley, into four quarts of Spring-Water, draw it off in a cold Still, as long as it runs ſweet; Infuſe in it half a pound of Cinamon, and a quart of Canary; Sweeten it, and Drink a Draught at any time, in a Fever and Looſeneſs.

Wall-nut-Water.

GATHER a large quantity of Green Wall-nuts, in the beginning of *June*, break them in a Mortar, and diſtil them in a cold Still; keep this Water by itſelf, and at *Midſummer* do the like, keeping that Water by itſelf alſo; about a Fortnight after *Midſummer* do the like; and ſo again a Fortnight after that; then put all the four Sorts of Water together, and diſtil it off; keep it cloſe for Uſe; its Perfections are many: 'Tis good in Conſumption and Surfeits; Drank with Wine

Wine in a Morning, 'tis good for a Palſey. A Bottle or two in a Veſſel of decay'd Wine, revives it : It's good to waſh the Eyes and Temples. I have not met with any Simple Water ſo well recommended, or by a Perſon of more Experience.

A very good Snail-Water.

TAKE a peck of Snails clean wip'd, crack them and put them into a gallon of Milk, with a handful of Balm, as much Mint and unſet Hyſop, half a pound of Dates, as many Figs, and one pound of Raiſons of the Sun; diſtil all together, and let it be the conſtant Drink in a Conſumption.

A good Milk-Water *for* Surfeit *or* Worms.

TAKE of Rue, Wormwood, Carduus and Mint, each three handfuls; cut the Herbs and ſteep them

all Night in two quarts of Milk; distil it off next Morning in a cold Still; from this Quantity draw three pints, then distil this Water over again, with the same quantity of Milk and Herbs; sweeten it to your Taste, if for Children; but for wiser People, 'tis best alone.

Strong Elder-berry-Water.

TAKE a Bushel of Elder-berries, and put to them a quart of Ale-yeast, let them stand nine or ten Days, stirring it two or three times a Day, and then distil it in a Limbeck: 'Tis a very good Cordial in any Illness,

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A Cordial Mint-Water.

TAKE one pound of Mint, stript from the Stalks, and gather'd the Day before you weigh it; a quarter of a pound of Liquorish, thin slic'd, one ounce of Aniseeds, one ounce of Carraway-

Carraway-ſeeds, one pound of Raiſons of the Sun ſton'd, ſteep theſe together in a gallon of good ſtrong Claret; diſtil it off a Limbeck, or cold Still if you don't like it ſo hot and ſtrong; let it drop on a little fine Sugar, through a Bag of Saffron.

A good Milk-Water.

TAKE one pound of Carduus, half a pound of Wormwood, Spear-mint, Balm ſhred a little; put them in an ordinary Still, with a gallon of Milk; and diſtil it off leiſurely: 'Tis good in any Thirſt.

Another Milk-Water.

CARDUUS and Wormwood, of each one handful, Spear-mint two handfuls, pick and cut the Herbs, and pour upon them a pint of Sack; let them ſtand all Night and next Day, put them into a cold Still, with a gal-

lon of new Milk, or new Whey Clarified: Draw off while it runs good.

A moſt excellent Drink *for the* King's-Evil *in the* Eyes.

TAKE Sage, Celandine, Yarrow, Bitany, three Leav'd Graſs, Cinqfoile, Daiſy-roots and Leaves, of each a handful, Honey-ſuckles and Ground-Ivy, the ſame quantity; pick, waſh, dry, and bruiſe them, and put to them a good quart of White-wine, or Beer, ſteep them two Nights and Days; preſs the Herbs out, and Drink four ſpoonfuls Morning and Night: Juſt as you Drink it, ſqueeze in the Juice of fifty Millepedes, freſh bruis'd.

A good Sear-Cloth.

TAKE one pint of Oil of Olives, eight ounces of Red-Lead, Virgins-wax four ounces; of Ointment of Populion, Oil of Roſes, and Oil of Camo-

Camomile, of each one ounce; ſet the pint of Oil on the Fire, and melt the Wax in it; then put in the Populion, and other Oils; when all is melted, put in the Red-Lead, ſtir all well together, and let them boil 'till they are Black; then dip in your Cloth.

An Incomparable Salve *for the Eyes.*

TAKE two ounces of *May* Butter, one ounce of Virgins-wax, half an ounce of Camphire, one ounce of Powder of Tutty; you muſt firſt put your Wax and Camphire, into a Silver Porringer, and let both melt on a gentle ſlow Fire together; conſtantly ſtirring 'till they be diſſolved, ſome little time after put in your *May* Butter, and diſſolve it with a large ſpoonful of Red Roſe-Water; keep it on the Fire till all be incorporated; then add the Powder of Tutty, and mix all very well; take it from the Air; and when you lie to Sleep, gently anoint your Eye-lid with it.

The

The Smallage-Ointment.

TAKE a handful of Smallage, as much Mallows, and as much Elder; pick and ſhred all ſmall; put them into a Skillet, with a pound of Mutton-ſuet ſhred ſmall; let all boil together: Strain it, and keep it to anoint any Swelling.

A very good Plaiſter *for a Stomach Sore with Coughing.*

TAKE of *Burgundy*-Pitch, Roſin, and Bees-wax, of each one ounce; melt theſe together: Then take three-quarters of an ounce of coarſe Turpentine, and half an ounce of Oyl of Mace; melt theſe with the other, and keep it for Uſe: When you have Occaſion, ſpread it on Sheep's-leather prick'd full of Holes; and when you lay it on, grate ſome Nutmeg over it.

To

To give certain Ease in the Tooth-ach.

TAKE *French*-Flies, Methridate, and a few drops of Vinegar; beat this to a Paste, and lay a Plaister on the Cheek-bone, or behind the Ear: 'Twill Blister, but rarely fails to Cure.

Plaisters *for a* Fever.

BEAT two handfuls of Rue, with as many Currants, 'till they are fine, and well mix'd; spread it on Cloths, and bind it to the Wrists, and Soles of the Feet: This draws from the Head; and if laid on in time, does as much good as Pigeons to the Feet, in Extremity.

An

An Ointment *that is good for any* Ach *or* Swelling *in Man or Beaſt.*

TAKE of unſet Hyſſop, Goats-Rue, Adder-ſpear, Alehoof, Wormwood, Camomile, Ladies-mantle, Plantain, Harts-tongue, Ladder to Heaven, Southernwood, Red-Sage, Agrimony, Bone-wort, Amber-leaves, Bay-leaves, of each one handful; ſhred theſe, and ſtamp them together: Then mix with them one pound and a half of Butter without Salt, and make it up in nine Balls, and let it lie nine Days; then boil it over the Fire gently: When it looks very Green, ſtrain it off, and keep it for Uſe.

This Number of Days, and Balls, ſeems ſuperſtitious and whimſical; but it has been ſo long approv'd in the Family from whence I had it, that I cannot doubt of its Virtues, tho' I ſmile at the Preparation.

An Ointment *for a* Burn.

TAKE of Houſleek, ſmooth Plantain-leaves, and green Elder, each one pound; ſtamp them together ſmall; put to them a quarter of a pint of Wine-Vinegar, three ſpoonfuls of Urine, and four ounces of Old Tallow-Candle, with three pints of Oyl-Olive; boil theſe two or three Hours, ſtirring them conſtantly with a Stick: Then ſtrain it through a new Canvas-Strainer, and put it on the Fire again, with four ounces of Yellow Bees-wax ſliced thin; let it boil half an Hour this time, and pour it into Pots. 'Twill keep many Years, if ty'd down with Bladders. When you uſe it, rub White Paper 'till 'tis ſoft, then ſpread it over with the Ointment, and anoint the Burn with the Ointment: Do it with a Feather, and lay the Paper over it: Do this Morning and Night, 'till 'tis quite Well. 'Twill Skin the Wound, as well as take out the Fire; therefore be ſure to uſe nothing elſe: 'Twill give Eaſe in a quarter of an Hour. 'Tis a certain as well

as well as a quick Cure, if the Vitals are not burn'd; and is recommended, on the Experience of a Perſon of great Worth and Charity. A third-part of this Quantity will laſt many Years, and may be made very Cheap.

An Ointment *which is a certain Cure for any* Scabs, Pimples, *or Old Inveterate* Itch.

TAKE a quarter of an ounce of Red Precipitate, grind it on a Marble-ſtone 'till 'tis as fine as the Flower of Brimſtone; mix this with an ounce of Flower of Brimſtone, and work both up with three ounces of Butter without Salt, as it comes from the Churn; mix it very well, and anoint the Place very thin with the Ointment. 'Tis not the Nature of it to Check, but Draw Out the Diſtemper; and in a Week or Ten Days Confinement, will make an abſolute Cure.

I ſhould ſay many things to recommend this, being ſure of its Virtues; but

but it will not need that, to Any-body of Judgment.

A very Good Poultis *for a* Sore-Breaſt, *to Break it, if there be Occaſion; and alſo Heal it, without any other Salve.*

TAKE of Smallage, Spear-mint, and Wormwood, each a good handful; boil all theſe in Milk, and thicken it with Oat-meal: Lay it on as Hot as you can bear it, and repeat it when Hard or Dry.

An Incomparable Ointment *for a* Strain, Weakneſs *or* Shrinking *in the* Nerves.

TAKE Sweet-marjoram, Penny-royal, Roſemary-tops, Camomil-flowers, Lavender-flowers, Sage, and young Bay-leaves, of each a large handful; a very large Nutmeg, and its weight

weight in Mace; the Rind of four Lemons, and as many Oranges: Stamp all very fine, and boil it in a quarter of a pint of rich *Malaga*-Wine, and half a pound of unſalted Butter: Let it boil 'till the Wine is waſted; preſs it through a fine Sieve, and keep it cool for Uſe. Rub it Morning and Night before the Fire, on the Part affected.

The French-King's Balſom.

TAKE Red-Sage, and Rue, of each half a pound; young Bay-leaves, and Wormwood, of each a quarter of a pound: Stamp them unwaſh'd in a Mortar, with a pound and a half of Sheep's-ſuet hot from the Sheep, 'till 'tis all of a Colour: Then add to it a quart of Oyl-Olive, and work that with the reſt: Then put it into an Earthen Pot well ſtopt for eight Days: Then boil it on a ſoft Fire: Being ready to take off, pour in three ounces of Oyl of Spike; let it boil a little together; then ſtrain it, and keep it for Uſe: Take care it do not burn. It

muſt

muſt be made in *May*, and will keep many Years: Rub'd into the ſmall of the Back, it eaſes the Stone: The quantity of half a Pea in the Ear, chafed in and ſtopt with black Wool, helps Pains there; It Cures Stiffneſs or Streins, in Man or Beaſt; as alſo Bruiſes, Over-ſtretching of Veins, Fellons, Anguiſh, or Swelling of Wounds: It eaſes the Cramp; and is a good and uſeful Balſom in all Families.

For the Biting *of a* Mad-Dog.

TAKE four ounces of Rue, four ounces of *London* Treacle, four ſpoonfuls of ſcrap'd Pewter, and four ounces of Garlick; ſtamp the Garlick, and boil all in a pottle of Stale ſtrong Ale; ſtrain this Drink; let that which is thick be apply'd to the Wound, and take nine ſpoonfuls of the clear, for nine Days together.

An Ointment *for a Child that has the Rickets.*

TAKE one ounce of Beef Marrow, as much Oil of Lillies, and Tamarisk, Bees-wax two ounces, Gum Amoniacum dissolv'd in Vinegar, half an ounce; Juice of Briany-roots, Smallage, and Golden-Rod, of each one ounce; let all boil, 'till the Juice of the Herbs be consumed: With this anoint the Belly of the Child, rubbing it in with your warm Hand by the Fire, half an Hour every Night. 'Tis good if the Belly is Swell'd with Rickets, Worms, or Ague.

An Ointment, *for the Back of a Weak Ricketty Child.*

PICK Snails clean out of the Shells, and prick them full of Holes, hang them up in a Cloth, and put a Baſon to catch what drops from them; which you muſt boil up with Speracity, and blades of Mace, of each one ounce:

Rub

Rub this Ointment along the Back-bone, round the Neck, Wriſts and Ancles. Uſe this conſtantly Night and Morning, and chafe it in by the Fire; this, with the Drink that follows, has Recover'd many Weak Children from Sickneſs, Lameneſs, and Deformity.

The Ricketty *Drink.*

PUT an ounce of Rhubarb, three hundred live Wood-lice, Saſſafras, China, and Eringo-roots, of each three ounces; Roots of Oſmond-royal, two onnces; Raiſons of the Sun ſton'd, two ounces; Hart's-Tongue, two handfuls; Put theſe into ſix quarts of Small Ale, and Drink Spring and Fall no other Drink. 'Tis almoſt infallible for weak Children.

A cooling Drink in a Fever *or* Pluriſie.

PUT an ounce of Pearl-Barley, into three pints of Water, ſhift it twice; beat half an ounce of Almonds, with a

bit of Lemon-peel, and a ſpoonful or two of the Water; when they are very fine, waſh the Almond-Milk through your Sieve, with three pints of Barley-Water; in the laſt boiling of this, you may put Mellon-ſeeds, and Pumpion-ſeeds, of each half an ounce; white Poppey-ſeeds, half a dram; when theſe are well boil'd, mix the Liquor with the Almonds, and ſtrain all. Sweeten it with Syrop of Lemons, for a Fever, or Syrop of Maiden-hair, and Drink four ounces every three or four Hours.

Another Drink *in a* Fever.

TAKE a little Sage, a little Balm, and a little Wood-ſorrel, waſh and dry them; ſlice a ſmall Lemon, (after you have par'd it clean from the white and bitter part;) To theſe Herbs and ſliced Lemon, pour three pints of boiling Water: Sweeten it to your Taſte, and Drink as freely as you pleaſe.

Another Drink.

TO three pints of Barley-Water, often ſhifted, put Harts-horn, and Ivory-ſhavings, of each three drams; Quick-graſs-Roots, two ounces; Currants, one ounce; Red-roſe-Water, half a pint; a very little Balm: Let it boil and ſweeten it with Syrop of Lemons or Violets. If the Patient is Coſtive, a few drops of Spirit of Vitriol ſerves inſtead of Lemons, when that cannot be had: Of this you may Drink freely in a Fever or Quinſie.

Another Sort.

CLEAR Poſſet-Drink, pour'd on Wood-ſorrel only, is good, and allays Thirſt better than any other; and Pippins ſlic'd into Milk, is as good and better than all; if you have a Lemon to ſlice in with them, being not ſharp enough of themſelves, to turn it to a pleaſant clearneſs.

A cold Caudle *in a* Fever.

BOIL a quart of Spring-water, let it ſtand 'till cold, then add the Yolk of one Egg, the Juice of a ſmall Lemon, ſix ſpoonfuls of Sack, and Sugar to your Taſte; Syrop of Lemons one ounce, if you have not freſh Lemons, does as well; Brew all together 'till well mixt, then Drink freely.

Elder-flower-Water cold ſtill'd, is an excellent Drink for Heat and Thirſt; quicken each draught with five or ſix drops of Spirit of Vitriol; and ſweeten it to your Taſte.

Wall-nut-Water, *good in* Agues *or* Fever.

TAKE a pound of Rue, and a pound of Green Wall-nuts, before the Shell be hard, a pound of good Figs; bruiſe all and diſtil it: Take a Draught before your Fit, and try to Sweat after it.

An excellent Snail-Water *in a* Conſumption.

TAKE a peck of large Shell Snails, lay them on a hot Hearth before the Fire; let them lie 'till they have done Hiſſing and Spitting; then wipe them from the Froth, and break them in a Mortar; have a quart of Earth-Worms, ſlit and ſcoured clean with Salt and Water; beat them with the Snails; then take Angelica, Salendine, Wood-ſorrel, Agrimony, Bearfoot, Barberry-bark, Great Dock-roots, of each two handfuls; Rue half a handful, Roſemary-flowers, one quart; half a pound of Harts-horn, Termarick, and Fenigreek, of each two ounces; half an ounce of powder'd Saffron, and three ounces of Cloves freſh beat; ſhred theſe Ingredients, and Infuſe all in three gallons of Strong Ale, for twelve Hours; then diſtil it, and draw off what runs good; and take three ſpoonfuls of this in a Glaſs of Sack or White-wine, an Hour before every Meal. Uſe moderate Exerciſe with it: 'Tis high-

ly recommended, and has been us'd with conſtant Succeſs in Conſumptions and Jaundice.

A Poſſet-Drink, *to be taken before the* Fit *of an* Ague.

POUR a gallon of clear Poſſet-Drink, upon four large handfuls of Angelica, ſhred ſmall; let it Infuſe, 'till 'tis very ſtrong: Let the Perſon, if poſſible, Drink all, that the Stomach may be perfectly clear; and go into a warm Bed, as ſoon as the Vomit has done working: Cover yourſelf cloſe, and try to Sweat. It has ſeldom fail'd, and is a ſafe Vomit.

A good Epidemick-Water.

TAKE Rue, Roſemary, Pimpernel, Roſaſolis, Balm, Scordium, Carduus, Dragon, Marigold-flowers and Leaves, Goats-Rue, Mint, and Angelica, of each two handfuls; take the

the Roots of Elecampane, Piony, Maſterwort, and Butter-bur, of each one pound; Gentian, Tormentil, Scorzonera, and *Virginia*-Snake-weed, of each four ounces; Saffron one ounce: Infuſe all theſe, when ſhred, in two quarts of White-wine, one quart of Water, and one quart of *French*-Brandy diſtil'd, and uſe it in any Malignant Diſtemper.

An admirable Poſſet-Drink, *in a* Pluriſie, *or* Shortneſs of Breath.

INFUSE two ounces of Flax-ſeed, in a pint of clear Poſſet-Drink; firſt bruiſe the Seeds. Drink this quantity at a Draught every Morning, and at Night, if very Ill.

It has the ſame Virtues of Linſeed-Oil; but is not ſo hard to take.

For

For an Inflammation *in the* Throat.

INFUSE one large handful of Cinqfoile in a quart of Water, let it boil to a pint; ſtrain it, and ſweeten it with Honey very ſweet, and ſwallow two or three ſpoonfuls often. This, tho' a ſimple Medicine, has done great Cures, and may be rely'd on. The Herb is otherwiſe call'd *Five-leav'd-Graſs.*

For a Cough, *and* Shortneſs of Breath.

TAKE eight ounces of Colts-foot pick'd clean from the Stalks; beat it to a pefect Conſerve, with four ounces of Brown Sugar-candy, four ounces of Raiſons ſtoned: When 'tis very fine, and well mix'd, add four ounces of Conſerve of Roſes; then add twenty drops of Spirit of Sulphur, and ten drops of Spirit of Vitriol: Mix it well, and

and take as much as a large Nutmeg, as often as you pleaſe. I think the Juice of the Colts-foot, mixt with the Sugar-candy, is better than the Leaves, without ſtraining.

A good Way to make Caudle.

TO four full-quarts of Water you may put a pint of Whole Oat-meal; let it boil very ſlow for five or ſix Hours at leaſt; then ſtrain it out, and put to two quarts three large blades of Mace, a full pint and a half of White or Rheniſh-wine; and make it ſweet to your Taſte: And juſt as you take it off the Fire, ſlice in a Lemon from which all the White is cut, which is apt, by lying long, to make it bitter; juſt the Yellow of the Peel may be put in. A little Salt does very well in Caudle, but is not often uſed.

A very

A very Good Purge *in a* Fever.

TAKE Sena two drams, Rhubarb one dram, Tamarinds two drams; boil theſe in half a pint of Water, 'till two-thirds is waſted: To what remains, add half an ounce of Cream of Tartar ſweetned with one ounce of Syrop of Succory, or Syrop of Roſes ſolutive; ſtrain and drink it at a Draught. In the Working, drink Clarify'd Whey, rather than Poſſet-Drink. 'Tis good to Cool and Thin the Blood.

An Incomparable Drink *in a Thirſty* Fever.

AN ounce an a half of Tamarinds, three ounces of Currants, and two ounces of ſton'd Raiſons, boiled in three pints of Water 'till near one-third be conſumed. Strain and drink this when you are Coſtive.

A Draught

A Draught *for a* Conſumption.

TAKE Mint, and Red Roſe-water, of each two large ſpoonfuls, Sugar-candy finely beat one ounce; warm theſe together, with a little grated Nutmeg; pour to it near half a pint of Milk juſt warm from the Cow. Drink this twice a Day, for ſix Weeks, in the Spring. It has recover'd many from Weakneſs, and Faint Sweats.

An Excellent Electuary *for a* Conſumption.

TAKE Hore-hound, Harts-tongue, Liver-wort, Maiden-hair, Egrimony, Unſet Hyſſop, Germander, and Colts-foot, of each one handful; boil them in a gallon of Spring-water 'till half be conſumed: Then take three pounds of Live Honey, half an ounce of Powder of Elecampane, and an ounce of Powder of Annis-ſeed; ſift them both through a Sieve: Boil theſe together 'till it come to the Conſiſtence of an Electuary. Take the quantity of a Nutmeg

Nutmeg faſting in the Morning, and faſt an Hour after it. Take the like quantity at Night when you go to Bed.

A Poppy-Water *for* Surfeits.

BREW ten gallons of Strong Ale-Wort; when 'tis cool, work it with Yeaſt, and add as many freſh Red Poppies as the Wort will conveniently wet, ſo that you may ſtir it daily: Let the Poppies Infuſe in this Wort three Days and Nights; then draw it off in a Limbeck as quick as you can, 'till the whole is diſtill'd off: Mix the Small and Strong together, and take a glaſs at any time, with or without Sugar, after a full or diſguſting Meal. 'Tis not much ſtronger than a Simple Water, but has been the only Cordial of an Infirm Lady, who has us'd it ever ſince Fifteen, and ſhe is now Ninety-ſeven. This of my own knowledge.

Another

Another for a Surfeit.

BOIL a handful of freſh or dry'd Poppies in Ale, with an ounce of Carraway-ſeeds bruiſed: Sweeten it, and drink a large Draught. If the Stomach is ſo ſick as to diſcharge it, repeat it 'till it does ſtay, and Sleep on it.

A Rich Surfeit Cordial-Water.

TAKE four pound of freſh Red Poppies, Infuſe them in four quarts of Brandy; add to it half a pound of Dates ſliced, half a pound of Figs ſliced, a pound of Raiſons ſtoned; Carraway and Angelica-ſeeds bruiſed, of each one ounce; Mace, Cinamon, Cloves, and Nutmeg, of each a quarter of an ounce; Marigold-flowers, and Balm, of each one handful; Sugar-candy one pound; Hot Angelica and Cold, of each one pint: Steep all theſe a Month, ſtirring them every Day. If you have a convenient Place, let it ſtand in the Sun.

A Whol-

A Wholſome Cordial.

TAKE one pound of Gentian-roots ſliced, common Dock-roots ſliced half a pound; Centory, both Flowers and Leaves, of each half a pound: Put theſe into a great Glaſs, with one pound of Poppies: Pour upon theſe Ingredients ſix quarts of White-wine: Let it ſtand twenty-four Hours to Infuſe; then draw it off in a Limbeck. 'Tis Good and Safe in any Illneſs of the Stomach.

For the Gout.

MAKE a Conſerve of Buck-bean, with the weight in Sugar-candy; beat both fine, and take as much as a large Nutmeg, firſt and laſt; and drink a Tea made of the ſame Herb every Morning and Afternoon, conſtantly, for one whole Year.

This alone, without any other Medicine, made a perfect Cure in a Perſon that had been many Years moſt grievouſly

grievouſly afflicted; and is effectual in the *Scurvy*, or *Rheumatick Pains*. Where the Patient is Weak, and very Reſtleſs, 'tis beſt to mix a third-part *Venice*-Treacle in the Conſerve they take when going to Reſt.

A Drink *for the* Gout.

SArſaparilla eight ounces, Saſſafras, China, and Harts-horn-Shavings, of each three ounces, Angelica-Roots three ounces, Raiſons one pound, and the Roots of Sweet-ſmelling-Flag three ounces, of Candy'd Eringo-root half a pound; hang theſe in ſix gallons of ſmall Ale, when you Tun it up: And as ſoon as 'tis a Fortnight old, drink of it conſtantly.

'Tis an Incomparable *Drink* to Sweeten the Blood, and Correct thoſe very Sharp Humours that occaſion that diſmal Tormenting Diſtemper.

For the Head-ach.

DRY Roſemary before the Fire 'till 'twill crumble to a very fine Powder, one pugil of Saffron; and with the Powder of Roſemary and Saffron make the Yolk of an Egg into a ſtiff Poultis, and lay it as hot as you can endure it to the Temples.

For the Stone *and* Gravel.

TAKE of Caſſia newly drawn one ounce and a half, choice Rhubard in Powder a dram and a half, *Cyprus*-Turpentine well waſhed ſeven drams, Spic'd Diatragacanth one ſcruple, Powder of Licorice half a dram; mix it in a good quantity of Syrop of Marſh-mallows. Take the quantity of a Wall-nut in a Morning faſting: Drink a Draught of plain Ale-Poſſet-drink immediately after it; then Walk an Hour: And after that, drink a pint (if your Stomach will bear it) of White-

White-wine-Poſſet ſweeten'd with Syrop of Marſh-mallows.

N. B. This was the Preſcription of a Learned Phyſician; and has been long kept as a choice Secret in a very Charitable Family, who have made numberleſs Experiments of it with miraculous Succeſs, even to Diſſolve the Stone.

Another for Stoppage of Water, *in the* Stone.

TAKE four ſpoonfuls of the Juice of Parſley in a pint of White-wine; ſweeten it with Syrop of Marſh-mallows, and (if you can) drink the whole quantity at a Draught.

For the Stone.

MAKE a very ſtrong Decoction of Mallows, thus; Put in half a peck of Leaves into one gallon of Water; let it boil to near half the quantity: Then ſtrain it, and add half as many Leaves, and boil it again: Then add Licorice, ſtoned Raiſons, and Syrop

of Marſh-mallows, of each two ounces; and drink continually of this Drink: It has given Eaſe to many in Extremity. Obſerve to ſtrain it clean, and let it ſettle from the Thick before you pour it off.

For the Stone.

TAKE of good White-wine one pint; Fennel, and Parſley-water, of each one pint: Into this Mixture put one ounce of Live Wood-lice well cleanſed, one Lemon ſliced thin, and two ounces of Syrop of Marſh-mallows; put theſe into a Jug to Infuſe for five or ſix Days: Then ſtrain it out, and let the Patient take four ounces at a time, twice a Day.

For the Scurvy.

TAKE Scurvy-graſs, Garden-Tanſy, Wood-ſorrel, and Golden-rod, of each one handful; beat theſe Herbs to a Conſerve with their weight in Sugar; add to them an ounce of Pow-

der

der of Wake-Robin: Take as much Syrop of Oranges as will make this into an Electuary, of which take a dram three times a Day, for ſix Weeks together, in the Spring; drinking after it the following *Drink*.

TAKE Garden-Tanſy, Garden-Scurvy-graſs, of each ſix handfuls; Buck-bean, Water-creſſes, Brook-lime, and Wood-ſorrel, of each four handfuls, the Peel of ſix Oranges, and one ounce of Nutmegs bruiſed; Infuſe theſe in two gallons of New Strong Ale-wort; let it work together a Day and a Night; then diſtil it off in a Cold Still as long as it runs Good: Mix the Small, and drink a Wine-Glaſs-full after every Doſe of the *Electuary*.

This has been taken with great Succeſs, by People who have been much afflicted with *Scurvy Pains*, and *Spots*. It has, by conſtant Taking, Cur'd a *Rhumatiſm*.

For the ſame.

ONE handful of Garden-Tanſy, as much Sage, and twice as much Scurvy-graſs, ſteep'd in two quarts of White-wine, or Strong Ale. Drink half a pint of this Morning and Night.

For the ſame.

INTO five gallons of well Brew'd Small Ale, put in a Bag one large handful of Fir-tree-Tops cut ſmall, two handfuls of Scurvy-graſs, as much Water-creſſes, one pound of Burdock-root ſcraped and ſliced, the Juice and Rinds of twelve *Sevil*-Oranges; let theſe be put in while the Ale is Working: When it has done, ſtop it down 'till 'tis Fine; then drink of it for a Month, or Six Weeks.

Uſe the ſame for a *Dropſy*; adding only a quarter of a pound of Muſtard-ſeed, and half a pound of Horſe-radiſh-root.

An Excellent Purging-Ale *for a* Dropſy.

SENA four ounces, Saſſafras, and Tartar, of each two ounces; Jalop, and Licorice, of each one ounce; Rhubarb, Coriander, and Annis-ſeed, of each one ounce; Polypodiam eight ounces, Broom-aſhes one quart, and one ounce of Cloves; put all in a Bag, with ſome little Weight to ſink it: Take Scabious, and Agrimony, of each three handfuls; of the Roots of Daneswort one handful, Raiſons of the Sun ſtoned one pound, with a little Ginger: Put theſe Ingredients into ſweet Alewort when you put in your Hops, and let all boil together half an Hour; then pour it ſcalding-hot on your Bag of Drugs: When 'tis cold enough, ſet it to Work with Yeaſt: When it has done Working, ſtop it up for Twelve Days, or a Fortnight: Hang the Bag of Drugs in the Veſſel. Drink a large Glaſs of this in the Morning, and at Four in the Afternoon, unleſs you find it Works too much at firſt; if ſo, leſſen

your Doſe; but take it Daily, 'till you have taken all.

For a Dropſy.

TAKE Broom, and burn it by itſelf, in a clean Oven; ſift the Aſhes from the Stalks and Coals that are not quite conſumed, and put two full pounds of theſe Aſhes into a two-quart Bottle; pour on old Hock, 'till the Bottle is up to the neck; take care 'tis not too full; if it has not room to ferment, 'twill be apt to ſplit the Bottle: digeſt it in hot Aſhes by the Fire, or in the Sun, and ſhake it often: when it has ſtood three or four Days, pour off a quart of the clear Lye: if it is not perfectly fine, decant again and again, 'till it is ſo: fill up your Bottle again with Hock, and do as before, 'till all the ſtrength of the Aſhes be out. Drink this firſt, and at four or five in the Afternoon; continue it for ſome time, and 'twill carry off the Dropſical Humour: While you take it, let the Meat you Eat be dry roaſted; and your Drink, ſtrong Ale or Wine.

For the Dropſy.

MIX four ounces of Syrop of Elder-berries, with two ounces of Oil of Turpentine, incorporate them well together; and take one large ſpoonful of this mixture, firſt and laſt, for a Fortnight.

Note, That Sea-bisket, and New Raiſons of the Sun (if they can be had) eaten conſtantly, inſtead of Suppers, have Cured that Diſtemper without Phyſick: Eſpecially if the Party can refrain from ſmall Liquors.

For the Jaundice.

CUT off the top of a *Sevil*-Orange, and take out as well as you can the middle Core and Seeds, without the Juice; fill the vacancy with Saffron, and lay the top on again; then roaſt it carefully without burning, and throw it into a pint of White-wine: Drink a quarter of a pint Faſting, for nine

nine Days; it greatly ſweetens and clears the Blood.

To Sweeten the Blood, *in* Scurvy, Jaundice, *or any Pains in the* Limbs.

TAKE Scurvy-graſs, Maiden-hair, Wild Germander, Wood-ſorrel, Fumitory, of each half a handful; Wild Mercury one handful, Damask-Roſes two handfuls; put theſe into two quarts of clarify'd Whey; let all ſtand 'till 'tis ſcalding hot, then ſtrain it off; and Drink half a pint at a Draught, four or five times in a Day, for a Month or five Weeks in the Spring. This is highly recommended in the Gout.

A good Bitter Wine.

TAKE two quarts of ſtrong White-wine, Infuſe in it one dram of Rhubarb, a dram and half of Gentian-root, Roman Wormwood, tops of Carduus, Centory,

Centory, Camomile-flowers, of each three drams, Yellow peep of Oranges, half an ounce; Nutmegs, Mace, and Cloves, of each one dram: Infuſe all theſe two Days and Nights; ſtrain and Drink a glaſs Faſting, and an Hour before Dinner, and Supper: Add Filings of Steel (if 'tis proper) two ounces.

A Pleaſant and Safe Medicine, *for the* Yellow Jaundice.

ROAST a large Lemon 'till 'tis ſoft, take care it do not break; cut it and ſqueeze it (while 'tis very hot) upon a dram of Termerick ſlic'd or grated, and half a dram of Saffron; pour upon theſe Ingredients a pint of good White-wine: Let all Infuſe one Night; and in the Morning, Faſting, take a quarter of a pint of this Liquor; ſweeten it to your Taſte with Sugar-candy; or if your Stomach can bear it, the Sugar-candy may be omitted; repeat this for four Mornings, or longer if you have Occaſion. 'Tis for the moſt part a certain cure.

For

For the Stone.

WASH, dry, and very finely Powder the inner Skin of Pigeons-Gizzards: Take as much as will lie on a Shilling of this Powder, in a glaſs of White-wine. This does very often give eaſe in wracking Pain.

Another for the Stone.

DRY and Powder the Haw-thorn-Berries, and take as much as will lie on a Shilling in a glaſs of White-wine: This has done great Cures, by conſtant taking; it may be taken in Ale, if you cannot have Wine; the Virtue is in the Berry, and has been experienc'd to the great eaſe of many poor People, in Ale as well as Wine; but the laſt is beſt: And a Poſſet-Drink turn'd with White-wine, is a proper Vehicle for it. Take it Faſting, or when in Pain.

An

An excellent Drink *in the* Gout *or* Rhumatiſm.

TAKE ſix ounces of Saſſafras; Sarſaparilla, and China, of each four ounces; Liquoriſh and Aniſeeds, of each two ounces; Sage of Virtue, half a handful; Candy'd Eringo-root, two ounces; Raiſons and Figs, of each half a pound: Put all theſe into four quarts of Water: let it infuſe over a ſlow Fire, 'till one third is waſted. Strain and Drink it conſtantly, to ſweeten the Blood.

A good Mouth-Water, *to be us'd Daily in the* Scurvy.

TAKE half a handful of Red-roſe-Leaves, three ounces of Black-thorn-Bark ſlic'd, a bit of Allum; boil theſe in a pint of Claret, and as much Water, 'till a third is waſted; then put in the peel of one *Sevil*-Orange, a handful of Scurvy-graſs, and as much Pow-

der'd

der'd Myrrh as will lie on a Shilling; ſtir all together, and let it boil up; then ſtrain it, and hold a Mouthful as long as you can, once or twice a Day: It faſtens looſe Teeth, and makes the Gums grow up to the Teeth.

A Gargle *for a* Sore Throat.

TAKE Plantain, and Red-roſe-Water, of each half a pint; the Whites of Eggs beat into Water, four ſpoonfuls; Juice of Houſe-leek, freſh beat, four ſpoonfuls; as much of the Water in which Jews-Ears have been boil'd; twenty drops of Spirit of Vitriol, and an ounce of Honey of Roſes.

For a Canker *in the* Mouth *or* Gums.

MIX forty drops of Spirit of Vitriol, in an ounce of Honey of Roſes: Keep the Sore Place always moiſt with this mixture; and 'tis a certain Cure.

A Gargle *in the* Palſey.

PUT a large ſpoonful of Muſtard-ſeed, bruis'd, into a pint of White-wine; drop in Spirit of Vitriol, to make it ſharp; and waſh your Mouth often in a Day, hold it as long at the root of your Tongue, as you can endure it at a time.

Another Gargle *in the* Palſey.

POUR a quart of boiling Water upon a very large handful of Lavender-flowers; let it Infuſe in the Aſhes, 'till 'tis very ſtrong; ſtrain it, and add a ſpoonful of Vinegar, a ſpoonful of Hungary-Water, and a ſpoonful of Honey. Waſh your Mouth often with this; it is a very good Gargle.

A conſtant Daily Waſh *for your* Teeth.

TO one quart of Claret, put an ounce of Bole-armoniac, half an ounce of Myrrh, one dram of Allum; Salt of Vitriol, ten grains; an ounce of Hungary-Water, and two ounces of Honey of Roſes; when theſe have ſtood in a warm Sun, or near the Fire for three Days, ſet it by to ſettle; and pour a ſpoonful of it into a Tea-cup of Water, with which waſh your Teeth: It preſerves them Sound, and makes them White.

To clean very foul Spotted Teeth.

MAKE a Skewer very ſharp at one end, over which wind a bit of fine Rag, tie it on very hard, and cut it very ſharp, that it may be like a fine Pencil for Painting; dip this in Spirit of Salt, take it out immediately, and dip it then into a Cup of fair Water, in

in which hold it for a Moment; with this Rag, ſo carefully wet, Rub your Teeth, and take care you do not touch your Lips or Gums; have a cup of cold Water ready to waſh your Mouth, that the Rag has not been dip'd in: With this you may make any furr'd Teeth as White as Snow; but you muſt not uſe it often or careleſly. When they are once thus clean'd, the Claret-Waſh will preſerve them ſo.

A Mucilage *in a* Sore Throat.

TAKE four drams of Quince-ſeed, decoct it in a quarter of a pint of Roſe or Plantain-Water, 'till 'tis a ſtrong Jelly; add a ſpoonful of the White of an Egg beat to Water; and ſweeten it with Syrop of Mulberries, or Rasberries.

To Cure a Cough *and* Shortneſs of Breath.

TAKE Elecampane-roots, and boil them very tender and pulp them fine through a Sieve, take their weight in the pulp of codl'd Pippins; if you have a pound weight of both together, boil it in a pint and half of clarify'd Honey, for half an Hour; then take one ounce of Powder of Licorice, and as much Powder of Aniſeeds; mix all well together, and take a dram Morning and Night, and in the Afternoon: 'Tis an excellent Medicine in an Aſthma.

Another for a Cough.

ROAST a large Lemon very carefully without burning; when 'tis thorough hot, cut and ſqueeze it into a cup, upon three ounces of Sugar-candy finely Powder'd; take a ſpoonful whenever your Cough troubles you: 'Tis as good as 'tis pleaſant.

For

For the ſame.

TAKE two ounces of Syrop of Poppies, as much Conſerve of Red Roſes; mix and take one ſpoonful for Three Nights, when going to Reſt.

For the ſame, with a Hoarſneſs.

SYROP of Jujubes and Althea, of each two Ounces, Lohoch Sanans one ounce; Saffron and Water-flag pow-der'd, of each a ſcruple: Lick it off a Licorice-ſtick when you Cough.

For a Hoarſneſs.

TAKE every Night, going to Reſt, half a pint of Mum, as warm as you can drink it at a Draught, for three Nights together.

For a Hooping-Cough, *very Good.*

TAKE a quart of Spring-water, put to it a large handful of Chin-cups that grow upon Moſs, a large

handful of Unſet Hyſſop; boil it to a pint; ſtrain it off, and ſweeten it with Sugar-candy. Let the Child, as oft as it Coughs, take two ſpoonfuls at a time, if it can.

For a Cough.

MAKE a ſtrong Tea of Ale-hoof, ſweeten it with Sugar-candy, and drink it Firſt and Laſt.

For a Conſumptive Cough.

TAKE half a pound of double-refin'd Sugar finely beat and ſifted, wet this with Orange-flower-Water, and boil it up to a Candy-height; then ſtir in an ounce of Caſſia-Earth finely powder'd. If you love Perfume, a grain of Ambergreeſe does well; drop it in little Cakes on a Mazareen that has been Butter'd, and wiped.

This has Cured thoſe that have ſpit Blood.

A very

A very Good Pectoral Drink *for the ſame.*

TAKE Quitch-graſs-Roots two ounces, Eringo-Roots one ounce, Loris two drams, Harts-horn one ounce, Raiſons ſtoned two ounces, ſix Figs, one ſpoonful of Pearl-Barley, Colts-foot and Sage of Jeruſalem of each one handful; boil theſe in three pints of Water 'till a third-part is waſted; ſtrain it, and diſſolve therein two drams of Sal-prunella, and one ounce of Syrop of Violets. Drink a quarter of a pint often, when you Cough, or are Dry.

Pills *for* Shortneſs of Breath.

TAKE a quarter of an ounce of Powder of Elecampane-root, half an ounce of Powder of Licorice, as much Flower of Brimſtone, and Powder of Annis-ſeed, and two ounces of Sugar-candy powder'd; make all into Pills with a ſufficient quantity of Tar:

Take four large Pills when going to Reſt.

This is an Incomparable Medicine for an *Aſthma*.

Another for the ſame.

HALF a pint of the Juice of Stinging Nettles; boil, and ſcum it, and mix it up with as much Clarify'd Honey: Take a Spoonful Firſt and Laſt. It has done mighty Cures.

For an Aſthma.

TAKE Hyſſop-water, and Poppy-water, of each five ounces; Oxymel of Squills three ounces, Syrop of Maiden-hair one ounce: Take One Spoonful when you find any Difficulty of Breathing.

A good Drink *in a* Conſumption.

TAKE of St. John's-wort, the Great Daiſy-flowers (call'd Ox-eyes,) and Scabious, of each two handfuls; boil

boil theſe in a gallon of Spring-water 'till half be waſted; then ſtrain it, and ſweeten it with Clarify'd Honey to your Taſte: Take a Quarter of a Pint of this in half a pint of New Milk; make your Liquor juſt ſo warm; and take it in a Morning, and at Four in the Afternoon.

This *Drink* is highly recommended, and that too upon long Experience.

A Powder *for a* Conſumption.

TAKE twelve dozen of the ſmalleſt Grigs you can get, wipe them very clean; bake them in a well-glaz'd Pan all Night; ſet it into the Oven again 'till they are dry enough to Powder; then make them into a very fine Powder, and take as much as will lie on a Half-Crown, three times a Day, drinking with it a glaſs of Old Malaga, or Canary.

'Tis Reſtorative, and well Approv'd by many who have try'd it with Succeſs.

For Sweating in the Night, *in a* Conſumption.

DRINK a glaſs of Tent, or Old Malaga, with a Toaſt, every Morning early, and ſleep an Hour after it.

This is good for Conſumptive Perſons, or ſuch as are Weak, in recovering a long Sickneſs.

For a Shortneſs of Breath.

TAKE Flower of Brimſtone, and Elecampane-Root finely powder'd, of each an equal quantity; mix this into an Electuary with Clarify'd Honey, and take it whenever you Cough, or find it difficult to Breathe.

For an Aſthma; *Incomparable.*

TAKE Juice of Hyſſop, Juice of Elecampane-Root, of each one pound; boyl theſe to a Syrop with double

double their weight in Honey or Sugar-candy: Take one ſpoonful of this Syrop, in two ſpoonfuls of Hyſſop-Water, and one ſpoonful of compound Briany-Water; take this three times a Day.

For a Cough *and* Shortneſs of Breath.

TAKE Elecampane-Roots, one ounce; Saffron, a quarter of an ounce; Ground-Ivy and Hyſſop, of each one handful; boil this in two quarts of Water, 'till 'tis above half conſumed; ſtrain it out, and ſweeten it with Sugar-candy, and take three ſpoonfuls often.

Another for the ſame.

SYROP of Garlick two ſpoonfuls, or the Cloves of Garlick preſerv'd; either of them very good: But if the Breath be very bad, 'tis beſt to loſe nine or ten ounces of Blood, if the Patient

tient can bear it, before you begin to take ſo hot a Medicine.

Another for the ſame.

TAKE one ſpoonful of Linſeed-Oil new drawn, Firſt and Laſt: This is good in a Pluriſie, or any other Cough; and may be uſed ſafely at any Age.

For a Chin-Cough.

DRY the Leaves of Box-Tree very well, and Powder them ſmall; and give the Child of this fine Powder, in all its Meat and Drink, that it can be diſguiſed in: 'Tis excellent in that Diſtemper.

An admirable Electuary *for a* Cough.

TAKE Syrop of Hoar-hound, Ground-Ivy, and White Poppy, of each one ounce; Crabs-eyes, one dram; and Sperma-ceti, half a dram; mix

mix and beat theſe very fine, and take a little ſpoonful when your Cough is troubleſome, and at going to Reſt.

For the Pluriſie.

TAKE Broom-tops, Dandelion, Red Poppies, and Hyſſop, of each two handfuls ſhred; Flax-ſeed bruis'd, two ounces; four ounces of freſh Orange-peel, and nine large Balls of freſh Stone-horſe-dung; to theſe Ingredients, put a gallon of Milk, and diſtil it in a cold Still: 'Tis an incomparable Water, and may be Drank freely of. If you think it too cold, add a ſpoonful of Sack or White-wine, in every glaſs.

Another.

MAKE a Poſſet-Drink pretty clear, with ſmall Ale and White-wine; and to a quart of that, put three balls of Horſe-dung, and one ounce of Angelica-ſeeds; let it Infuſe three Hours; Strain and Drink often, half a pint at a time;

a time: This has the ſame Virtue, and is ſooner prepared; but 'tis ſo very nauſeous, that many Stomachs cannot bear it.

An excellent Water *for the* Stone-Cholick.

PUT four pounds of Haw-berries, bruis'd, into four quarts of ſtrong White-wine; let it ſteep twenty-four Hours; then draw off, in a cold Still, two quarts of very ſtrong; and what runs after, keep by itſelf: A quarter of a pint of the Strongeſt, has given Eaſe in very bad Fits at once taking; but if it comes up, you muſt repeat it 'till it does ſtay.

For

For the Cholick.

SLICE one ounce of the very beſt Rhubarb you can get, into a quart of Sack; let it Infuſe twelve Hours at leaſt, then Drink four large ſpoonfuls, and fill your Bottle up again: Drink this Quantity once a Day for ſix Weeks or two Months at leaſt; when your Rhubarb has loſt its virtue, you muſt put freſh. This has cured ſome People, who could not find Eaſe in Opiats, nor the Bath; it muſt be conſtantly continued, 'till the Bowels and Blood are Strengthened: It has done ſuch Miraculous Cures, where even Laudanum could not; that 'tis impoſſible to praiſe it ſo much as it deſerves.

I do therefore adviſe every Perſon ſo Afflicted, for their own ſakes, to make the harmleſs Experiment.

For

For the Cholick.

TAKE a quart of Double-Still'd Aniſeed-Water; Infuſe in it one ounce of Hirapica; ſtop it very cloſe, and keep it near a Fire, where it muſt ſtand ſome Days; ſhake the Glaſs twice every Day: Take three or four ſpoonfuls of this in a Fit, when 'tis New; leſs will ſerve, after it has ſtood a Year or two.

For a Convulſive Cholick.

TAKE Yellow Tranſparent Amber, groſly Powder'd; Ginger minced; mix and fill a Pipe, Smoke three or four while in Pain, and always going to Reſt.

Another for the Cholick.

BOIL four ſpoonfuls of right good *Iriſh*-Uſquebaugh, in half a pint of Ale, ſlice in a little Ginger, and ſweeten with Syrop of Rhubarb: This is a pretty

pretty certain Cure, and ſeldom fails to give preſent Eaſe.

For the Cholick.

TAKE the thin Peel that comes off the Kernels of a Ripe Wall-nut dry'd and beat to Powder; the thin Yellow Peel of Orange Powder'd, of each a like Quantity; mix it in a cup of hot Ale and Drink it up. A ſmall ſpoonful of the Powders, mix'd, is a Doſe.

For a Stitch *in the* Side.

TAKE Powder of Angelica-ſeed, and a large Acorn dry'd and powder'd, of each a like quantity: Drink after it a glaſs of Black Cherry-Water.

A Posset-Drink *for a* Cough.

TAKE one handful of Hyssop, four sprigs of Mint, as much Savoury and Angelica, one handful of ston'd Raisons, and twelve Figs; Infuse all these in three pints of clear Posset-Drink; add, when strain'd, one ounce of Syrop of Maiden-hair, as much Syrop of Violets: Drink often.

To Cure Deafness.

TAKE clean fine Black Wool, and dip it in Civet, put it into the Ear; as it drys, which in a Day or two it will, dip it again; and keep it moisten'd in the Ear for three Weeks or a Month.

Another.

TAKE an equal quantity of good Hungary-Water, and Oil of Bitter Almonds, beat them together; and drop

drop three drops in the Ears going to Bed; ſtop them with Black Wool, and repeat this nine Nights at leaſt.

Another for a Pain *in the* Ear.

THE Juice of Mountain Sage, Oil of Fennel, Oil of Bitter Almonds, Oil of Olives; take an equal quantity of each, and mix them well together: Drop into the Pained Ear three drops, for three Nights. 'Twill eaſe and draw out any Impoſthume, if that be the Cauſe.

For a Pain *in the* Ear.

TAKE half a pint of Claret, a quarter of a pint of Wine-Vinegar; put in Sage, Rue, and Roſemary; let it boil up; put it into a New Mug, and hold your Ear cloſe, ſo that the Steam may be ſure to go in: As it cools, heat it again and again; and when the Strength is pretty well waſted, wrap your Head very warm and go into Bed.

For a Violent Cholick-Pain *in the* Side.

MIX an equal quantity of Spirit of Lavender, Spirit of Sal-Armoniac, and *Hungary*-Water; rub it in with a very Hot Hand, and lay a Flannel on as Hot as you can bear it. Repeat this often.

For a Blow *or* Hurt *in the* Eye.

BEAT the Leaves of Eye-bright with a Rotten Apple; lay it on the Eye as a Poultis: Repeat it as it grows dry. I think the *Juice* of the Eye-bright is best.

A Certain Remedy to take Fire *out of a* Burn.

BEAT an Apple with Sallet-Oyl, 'till 'tis a Poultis pretty soft; bind it on the Part; and as it dries, lay on fresh

freſh. You muſt be ſure to Pare, Core, and Beat your Apple well, for fear of breaking the Skin of the Burn: But if the Skin be off, there is not any thing in Nature ſo ſure to take out the Fire.

An Excellent Ointment *for a* Pain *in the* Side.

BEAT two ounces of Cummin-ſeed very fine; ſift it, and put to it two ſpoonfuls of Capon-greaſe, and two ſpoonfuls of Linſeed-Oyl; make it hot over the Fire, and anoint the Side with it: Dip a Flanel in the Oinment, and lay it on as hot as you can endure it.

For a Pleuriſy *and* Fever.

AFTER Bleeding once or twice, as there is Occaſion, let the Patient take an ounce of Linſeed-Oyl new drawn; ſweeten it with Syrop of Le-

mons; ſhake them together 'till they mix, and let this quantity be taken every four Hours: At going to Reſt, let them take thirty grains of *Gaſcoign*-Powder, with a Compoſing Draught. They muſt forbear Malt-drink; and take care they do not catch Cold.

This has done great Cures, when taken in time, and will prevent the Diſtemper falling upon the Lungs.

For a Looſeneſs.

TAKE half an ounce of Hipecacoanna, decoct it in an equal quantity of Claret and Water; let it boil from a quart to leſs than a pint; ſtrain it, and add one ſpoonful of Oyl; give it in a Clyſter to the Party afflicted. If the Patient is Weak, or a Child, you muſt Infuſe leſs of the Root; a Dram being a full quantity for a ſtrong Man.

It has Cured the moſt violent Illneſs of that ſort, and was recommended on the Experience of a Worthy and Ingenuous Phyſician.

The

The beſt Way of Burning Claret, *for a* Looſeneſs.

TAKE a large Quart-Bottle that will hold more than a quart of Wine; put to that quantity half an ounce of Cinamon, four large blades of Mace, and a large Nutmeg ſliced; put a Cork into the Bottle, to keep in the Steam, but don't ſtop it cloſe or hard, for fear of breaking: Set this Bottle of Wine and Spice into a Skellet of Cold Water, and let it ſimmer 'till the Wine is a little waſted; ſweeten it with Loaf-Sugar, and drink often, if the Patient have a Cold Decay'd Stomach, and no Fever.

For a Looſeneſs.

TAKE an ounce of Cinamon, and as much Ginger; ſlice both ſmall, and ſtrew it on a Chafing-diſh of Coals, over which let the Patient ſit as long as the Fume laſts.

For a Looſeneſs.

TAKE three large Nutmegs, and the weight of them in Cinamon; grate and beat the Spice extremely fine; make it into a moiſt Paſte with New-lay'd Eggs; dry them in little Cakes, in a Shovel, over a gentle Fire: Eat the bigneſs of a Half-Crown, Firſt and Laſt, and at Four in the Afternoon.

Another for a Looſeneſs.

TAKE a quart of New Milk, and ſet it on the Fire 'till it boil; then ſcum it, and let it boil, and ſcum it again, as long as any Scum riſes: When 'tis almoſt cold, to the clear Milk put Two-penny-worth of Aqua-Vitæ, and let it ſtand: 'Twill Jelly, and keep (in a cool Veſſel and Place) two or three Days. It has done great Cures.

Cinamon-

Cinamon-Water *for a* Looſeneſs *and* Fever.

BOIL a pound of Pearl-Barley, and ſix ounces of Plantain-Seed, in ſix quarts of Water; when both are tender, pour it upon eight ounces of Cinamon: Let it Infuſe all Night, and next Day draw it off in a Cold Still: Let the Patients drink of this as often as they pleaſe: If they like it ſweet, put in double-refin'd Sugar.

For a Looſeneſs *and* Gripes.

MIX up twenty grains of Rhubarb, three drops of Oyl of Cinamon, and three drops of Oyl of Juniper, in near a dram of good *Venice*-Treacle; make it into a Bolus, and take it all over Night. Next Morning, in the Working, drink Warm Poſſet-drink in which Mallows have been Infus'd.

This has done great Cures, when the Diſtemper has been very Dangerous.

Another for a Looſeneſs *and* Gripes.

INFUSE a pound of Poppies in half a pint of Spirit of Wine: Take a large ſpoonful of this Liquor, with ſix drops of Oyl of Juniper, in a glaſs of Black-Cherry-Water, ſweeten'd with double-refin'd Sugar. 'Twill give Eaſe in Extreme Pain and Torture.

Note, You muſt mix your Oyl with the powder'd Sugar before you put it into the Liquor, or 'twill ſwim on the top, and not mix.

For the ſame.

PUT a large ſpoonful of good Plantain-ſeed into half a pint of Spring-water; boil it half away, and ſtrain it out; ſweeten it with double-refin'd Sugar, and drink it All.

It often Cures at once; but muſt be repeated, if there be Occaſion.

To Help a Hot *and* Coſtive Habit of Body.

PRESERVE Green Wall-nuts before the Shell is hard, after they have lain a Day and a Night in Water, firſt prick'd full of Holes; boil and ſhift the Water often, 'till they are tender; ſtick in each a bit of Candy'd Orange-peel, and take their weight in a ſweet *Lisbon*-Sugar; boil them up, and take two, three, or four of theſe when going to Reſt.

They are a Gentle, Wholſome, and Certain Purge.

Another.

DISTIL a quantity of Wood-ſorrel-Water in the Spring, and ſweeten it with Syrop of Violets: An ounce of Syrop to a quarter of a pint of Water is a Doſe for any Body, and may be ſafely taken, even in a Fever, or Lying-in: A leſs quantity for a Child.

Another

Another.

ROASTED Apples, with Carraway-Comfits, eaten conſtantly every Night, has been the Method of a Gentleman of Fourſcore, who has hardly ever taken other Phyſick, or omitted this for Fifty Years, and never felt the Gout, or Stone, or any other Diſtemper incident to Old Age.

Another.

BOIL a few Mallows in one Porringer of Water-gruel; ſtrain it out, and inſtead of Salt, put in a pugil of Cream of Tartar: Let this be your Morning's Draught.

Another.

ONE ſpoonful of Syrop of Peach-Bloſſoms, taken in a glaſs of the Water diſtill'd from the Leaves, or in which the Leaves and Worm-Seed has been decocted, is a moſt Safe and Certain Medicine for the Worms in Children.

INDEX.

INDEX.

FOR *an* Aſthma, Page 198
Another for an Aſthma, 200

B.

To Broil *Pigeons Whole*, 11
To Boil *a Turkey, or any Fowl, with Oyſter-Sauce*, 39
To make Black-Caps, *the beſt way*, 67
To make very good Barley-Gruel, 72
The Nuns Bisket, 97
An excellent Balſam, 130
The French King's Balſam, 160
For the Biting *of a Mad-Dog*, 161
A certain Remedy to take Fire out of a Burn, 210

C.

To Coller *Beef*, 7
To make French Cutlets, 8
To Coller *a Breaſt of Mutton to eat Hot*, 10
To Coller *a Pig*, 15
To make Veal-Cutlets, 16
To Coller *a Breaſt of Veal to eat Hot*, 27
Cuſtards, *very good*, 55
Orange Cheeſe-Cakes, ibid.
Another Cheeſe-Cake, *without Curd*, 56

A good

A good Cheese-Cake, *with Curd*, Page 56
A Custard *Sack-Posset*, 59
Almond-Cream, 68
Orange-Cream, 69
A very rich Almond-Cream, *to Jelly*, ibid.
Postatia-Cream, 71
To make Fry'd Cream, ibid.
To make the Thick Square Cream-Cheese, *as at* Newport, 73
Orange-Chips, 79
Apricock-Chips, 80
Cakes *of Orange-Flowers*, 83
Conserve *of Roses*, 84
To Candy *any Sort of Flowers*, 86
A good sort of Portugal Cakes, 87
A Carraway-Cake *without Yeast*, 88
To make Stone-Cream, 89
To make Cracknels, 90
A very good Seed Cake, ibid.
An extraordinary Plum-Cake, 93
Iceing for the Cake, 94
Ratafia-Cakes, 96
A very rich Cherry-Cordial, 121
For Convulsions, *or Vertigo*, 146
A Cold Caudle *in a Fever*, 166
For a Cough, *and Shortness of Breath*, 170
A good way to make a Caudle, 171
A Wholsome Cordial, 176
For a Canker *in the Mouth or Gums*, 190
To Cure a Cough, *and Shortness of Breath*, 194
Another for a Cough, ibid.
For the same, 195
For the same, with a Hoarseness, ibid.

For a *Hooping*-Cough, Page 195
For a Cough, 196
For a Conſumptive-Cough, ibid.
A very good Pectoral Drink for the ſame, 197
For a Cough, *and Shortneſs of Breath*, 201
Another for the ſame, ibid.
Another for the ſame, 202
For a Chin-Cough, ibid.
For *the* Cholick, 205
For *the ſame*, 206
For a Convulſive Cholick, ibid.
Another for the Cholick, ibid.
For *the ſame*, 207
For *a violent* Cholick-*Pain in the Side*, 210

D.

To Dreſs *a Turbet, or any Diſh of Fiſh*, 12
To make Dutch-*Beef*, 17
To Dreſs *Hogs Feet and Ears*, 26
A Drink *for any Inward Bruiſe or Wound*, 129
A Drink *for the Evil*, 134
A Drink *for the King's Evil and Cancer*, 135
A moſt excellent Drink *for the King's Evil in the Eyes*, 152
The Ricketty Drink, 163
A Cooling Drink *in a Fever or Pleuriſy*, ibid.
Another Drink *in a Fever*, 164
Another Drink, 165
Another ſort, ibid.
An incomparable Drink *in a Thirſty Fever*, 172
A Draught *for a Conſumption*, 173
A Drink *for the Gout*, 177

An excellent Purging Ale for a Dropſy, Page 183
For a Dropſy, 184
For a Dropſy, 185
A Drink *in the Gout, or Rhumatiſm,* 189
A good Drink *in a Conſumption,* 198
To Cure Deafneſs, 208
Another, ibid.
Another for a Pain in the Ear, 209
Another for the ſame, ibid.

E.

An Electuary *for a Conſumption,* 173
An admirable Electuary *for a Cough,* 202
For a Blow or Hurt in the Eye, 210

F.

To Fricaſſey *Chickens, or Sweet-breads,* 18
Another for the ſame, 19
To Force *a Leg of Lamb,* 21
To Fry *Oyſters for Garniſh for Fiſh or Haſh,* 32
To make good Forc'd-*Meat for any Uſe,* 44
A pretty ſort of Flummery, 74
*To make Harts-horn-*Flummery, 75
To make good Fritters, 98
To Fine *Beer, Wine, or any Liquor,* 113

G.

Thick Ginger-bread, 86
For the Gout, 176

A Gargle *for a Sore Throat*, Page 190
A Gargle *in the Palsy*, 191
Another Gargle *in the Palsy*, ibid.

H.

To Hash *a Calf's-Head*, 25
For the Head-ach, 178
For a Hoarseness, 195
To Help *a* Hot *and Costive Habit of Body*, 217
Another, ibid.
Another, 218
Another, ibid.
Another, ibid.

J.

Hart's-horn, or Calf's-foot-Jelly, *the best way*, 64
To make Almondnet, or White Jelly, 66
Jelly *of Currants*, 80
Codlin or Pippin-Jelly, 100
For an Inflammation *in the Throat*, 170
For the Jaundice, 185
A pleasant and safe Medicine for the Yellow-Jaundice, 187

L.

To make Lobster-Loaves, 23
Lemon-*Cream, the best way*, 67
Lemon-*Cakes*, 79
For a Looseness, 212

The best way of Burning Claret for a Looseness, Page 213
For a Looseness, ibid.
Another for a Looseness, 214
Another for the same, ibid.
Cinamon-Water for a Looseness *and Fever*, 215
For a Looseness *and Gripes*, ibid.
Another for a Looseness *and Gripes*, 216
For the same, ibid.

M.

*To make Orange-*Marmalade, 78
White Mead, 109
Strong Mead, 114

O.

An Oyl *for any Bruise or Wound*, 132
An Ointment *for Swellings in the King's Evil*, 135
An Ointment *for the Evil, or Rickets*, 137
*The Smallage-*Ointment, 154
An Ointment *good for any Ach or Swelling in Man or Beast*, 156
An Ointment *for a Burn*, 157
An Ointment *which is a certain Cure for any Scabs, Pimples, or Old Inveterate Itch*, 158
An incomparable Ointment *for a Strein, Weakness, or Shrinking in the Nerves*, 159
An Ointment *for a Child that has the Rickets*, 162

An Ointment *for the Back of a Weak, Ricketty Child,* Page 162
An excellent Ointment *for a Pain in the Side,* 211

P.

Patties *for a Diſh of Fiſh,* 13
To Pickle *Pork,* 14
The beſt way to Pot *Beef,* 22
To make a Potatoe-Pye, 29
A Sweet Pye, *which may be made of Young Lamb, or Chickens,* 32
*To make a Hog-meat-*Pye, 35
*To make Lobſter-*Pyes, 38
To Pot *Neats-Tongues, a better way than Drying them,* 41
To Pot *Salmon, as at* New-Caſtle, 42
To Pickle *Mackarel, call'd* Caveach, 43
To Pot *Lamprey,* 45
A Weſtphalia-*Ham-*Pye, ibid.
To Pickle *Codlins, like Mango,* 46
To Pickle *Wall-nuts,* 47
To Pickle *Muſhromes,* 48
To Pickle *Neats-Tongues,* 49
To Pickle *Pigeons,* ibid.
To Pickle *Smelts,* 50
To Pickle *Oyſters,* 51
*An Apple-*Pudding *to Bake,* ibid.
*The beſt Orange-*Pudding *that ever was taſted,* 52
*A Rice-*Pudding, 53
*White Hog's-*Puddings, ibid.

A Neat's-Foot-Pudding, Page 54
Thin Cream-Pan-cakes, *call'd a Quire of Paper*, 57
An Almond-Pudding, 58
Orange-Pudding, 59
Cheese-Curd-Pudding, 60
To make Hog's-Puddings, 62
Liver-Puddings, *very good*, ibid.
A Sagoe-Pudding, 63
An Orange-*Pesset*, 70
Panada *for a Sick or Weak Stomach*, 76
To Preserve *Apricocks in Jelly*, 81
Prawlins, *or Fry'd Almonds*, 82
To Preserve *Orange-Flowers*, 83
A Powder *for Digestion*, 85
An excellent Plum-Pudding, 89
Egg-Minc'd Pyes, 92
Lemon or Chocolate-Puffs, 94
Almond-Puffs, 95
Pancakes, *very good*, 97
To Preserve *Golden-Pippins, the best way*, 100
To make Milk-Punch, 113
The Red Powder *for Fevers, Small-pox, or Surfeits*, 140
Gascoign-*Powder, a good sort for the same Uses*, 142
A very good Powder *for a Dizziness in the Head, and to Prevent Apoplectick Fits*, 143
A Powder *to Stop a Hiccock in Man, Woman, or Child*, ibid.
An excellent Powder *for Convulsion-Fits*, 144
A Powder *for Digestion*, ibid.

A very

A very good Plaister *for a Stomach Sore with Coughing*, Page 154
Plaisters *for a Fever*, 155
A very good Poultis *for a Sore Breast*, 159
A Posset-Drink *to be taken before the Fit of an Ague*, 168
An admirable Posset-Drink *in a Pleurisy, or Shortness of Breath*, 169
A very good Purge *in a Fever*, 172
Pills *for Shortness of Breath*, 197
Another for the same, 198
A Powder *for a Consumption*, 199
For the Pleurisy, 203
Another, ibid.
A Posset-Drink *for a Cough*, 208
For a Pleurisy *and Fever*, 211

R.

To Roast *a Calf's-Head*, 20
To Roast *a Breast of Pork*, 24
To make Ratafia, 116
A present Remedy *for Convulsion-Fits*, 145
Another for the same, ibid.

S.

A Green Pease-Soop, *without Meat*, 1
A very good Soop, 2
A very good Pease-Soop, 3
Craw-fish or Prawn-Soop, 4
Pease-Soop *for* Lent, *or any Fasting-Day*, 5
A Meat-Soop, 6

To Stew *Pigeons*, Page 10
To Stew *a Hare*, 20
To *make* Stove-*Veal*, 28
To Stew *Carp*, 30
Good Sauce *for Boil'd Rabbets*, 31
A pretty Sauce *for Woodcocks, or any Wild-Fowl*, ibid.
To Stew *Herrings*, 33
To *make* Sauſages, 34
Scotch-*Collops, a very good way*, 36
To Stew *Oyſters*, 37
To Stew *a Rump of Beef*, 43
To Stew *Golden-Pippins*, 64
A Whipt Syllabub, *extraordinary*, 76
To *make* Sagoe, 77
To *make* Salop, ibid.
To *Improve* Syder, *and make it perfectly Fine*, 112
Spirit *of Clary*, 119
Spirit *of Carraways*, ibid.
A Salve *for the King's-Evil*, 133
For a Strein, 137
A Syrop *for Convulſion-Fits*, 146
A good Sear-cloth, 152
An incomparable Salve *for the Eyes*, 153
For the Stone *and Gravel*, 178
For Stoppage *of Water in the* Stone, 179
For the Stone, ibid.
Another for the Stone, 180
For the Scurvy, ibid.
For the ſame, 182
For the ſame, ibid.

To Sweeten *the Blood, in Scurvy, Jaundice, or any Pains in the Limbs,* Page 186
For the Stone, 188
Another for the Stone, ibid.
For Sweating *in the Night, in a Conſumption,* 200
For Shortneſs *of Breath,* ibid.
For a Stitch *in the Side,* 207

T.

A very good Tanſy, 61
*A Spinnage-*Tart, *very good,* 98
*An Almond-*Tart, *very good,* 99
To give certain Eaſe in the Tooth-ach, 155
A Conſtant Daily Waſh for the Teeth, 192
To Clean very Foul Spotted Teeth, ibid.
A Mucilage for a Sore Throat, 193

W.

To make Weſtphalia-*Hams,* 40
Wafers, 87
The London Wigs, 92
The right Dutch Wafer, 95
*To make Raiſon-Elder-*Wine, 101
Another, very Wholſome, 102
*Quince-*Wine, 103
*Orange-*Wine, 104
*Birch-*Wine, *as made in* Suſſex, 105
*Black-Cherry-*Wine, 106
*Sage-*Wine, ibid.

Cherry-

Cherry-Wine, *as in* Kent, Page 107
Rasberry-Wine, 108
Apricock-Wine, 110
Damſon-Wine, 111
Cowſlip or Marigold-Wine, ibid.
Gooſberry-Wine, 115
Elder-Flower-Wine, ibid.
Cinamon-Water, 117
A Cordial Orange-Water, ibid.
Citron-Water, 118
A Cordial Black-Cherry-Water, 120
A Strong Palſey-Water, 123
Uſe of that Water, 126
A Second Palſey-Water, ibid.
A very good Snail-Water *for a Conſumption*, 127
A good Water *for the Spleen*, 128
A good Water *for the Stone*, 129
A Milk-Water *for Cancer or King's-Evil*, 136
For Worms, 139
For the ſame, ibid.
For the ſame, ibid.
For the ſame, 140
For the ſame, well recommended, ibid.
A Strong Milk-Water, 147
The Barley Cinamon-Water, 148
Wall-nut-Water, ibid.
A very good Snail-Water, 149
A good Milk-Water, *for Surfeits or Worms*, ibid.
Strong Elder-berry-Water, 150
A Cordial Mint-Water, ibid.
A good Milk-Water, 151

Another

Another Milk-Water, Page 151
Wall-nut-Water, *good in Agues or Fevers*, 166
An excellent Snail-Water *in a Conſumption*, 167
A good Epidemick-Water, 168
A Poppy-Water, *for Surfeits*, 174
Another for a Surfeit, 175
A rich Surfeit Cordial-Water, ibid.
A good Bitter Wine, 186
A good Mouth-Water, *to be us'd Daily in the Scurvy*, 189
An excellent Water *for the Stone-Cholick*, 204

FINIS.

AN INDEX.

Another MILK-Water, Page 165
Wall-nut-Water, good to Agree or Preserve, 166
An excellent Snail-Water in a Consumption, 167
A good Epidemick Water, 168
A Poppy-Water, for Surfeits, 174
Another for a Surfeit, 175
A rich Surfeit Cordial-Water, Ibid.
A good Bitter Wine, 186
A good Humb Water, to be us'd Daily in the Scurvy, 189
An excellent Water for the Stone Cholick, 254

FINIS.